PLEASANTON

COMMUNITY SERVICES ACTIVITIES GUIDE • FALL 2015/WINTER 2016

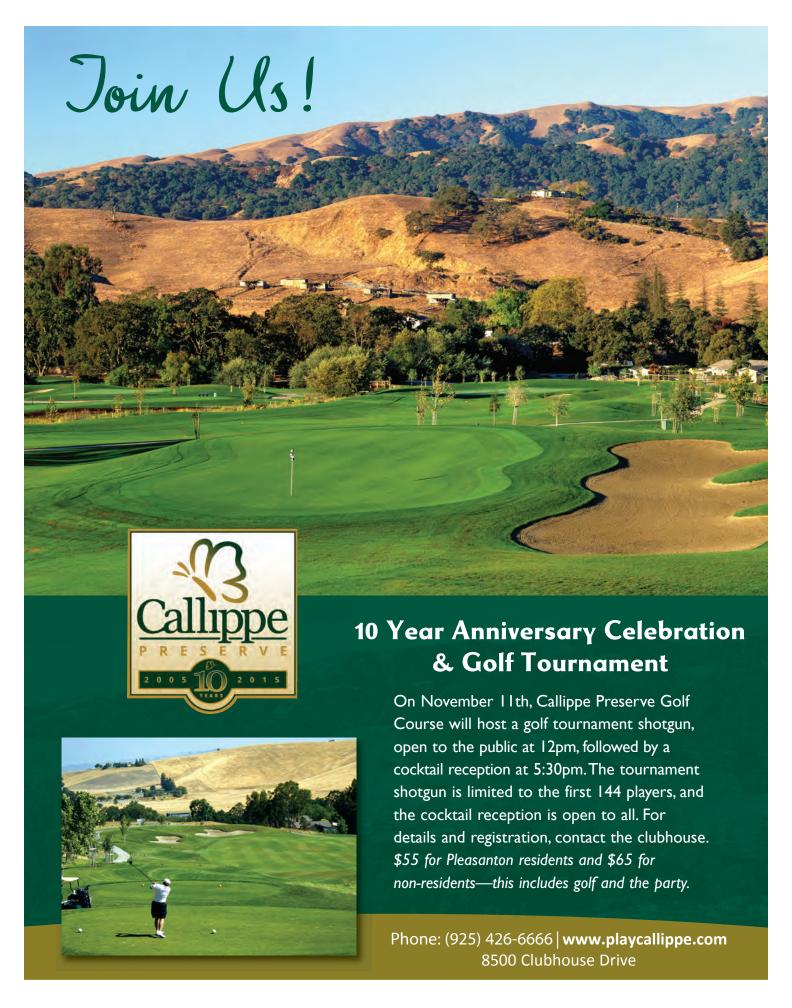


Anniversaries!

See pages 2 & 6 for details

See inside back cover for details

See page 23 for details



Community Services Update

Bernal Community Park enters construction of Phase II



In April 2015, the Pleasanton City Council unanimously approved construction contracts for Bernal Community Park, marking the beginning of the project's second phase of development. The proposed expansion of Bernal Community Park includes 3 lighted, synthetic turf multi-purpose sports fields, grandstand seating, picnic areas, children's playground and additional parking.

The project also includes the construction of a new "Oak Woodland" area: this 40 acre space will provide a unique connection to nature, and will feature walkways and benches surrounded by trees and other landscaping native to the Pleasanton area.

Bernal Community Park phase II began construction in May 2015, and is expected to be completed by the latter half of 2016.

Firehouse Arts Center and Callippe Preserve Golf Course Celebrate Anniversaries

2015 marks a milestone for two of Pleasanton's most celebrated recreational and cultural amenities. The Callippe Preserve Golf Course will celebrate its 10 year anniversary in November of 2015, and the Firehouse Arts Center, Pleasanton's performing arts theater, gallery and studio, will celebrate its first 5 years of art, culture and musical events in September 2015.

To mark these occasions, staff at both Callippe Preserve and the Firehouse Arts Center have planned special events celebrating their respective milestones.

The Firehouse Arts Center will be holding an Open House on September 5th in conjunction with their season opening performance, Darlingside. The Open House event will feature light hors d'oeuvres, art workshops in the Harrington Gallery, and live music. Join the Firehouse Staff in this celebration from 11:00am–4:00pm.

On November 11th, Callippe Preserve will host a shotgun golf tournament, open to the public at 12 noon, followed by a cocktail reception at 5:30pm. The shotgun tournament is limited to the first 144 players, and the cocktail reception is open to all. For more information, please call the Callippe Preserve Golf shop at (925) 426-6666. To see more programs offered by the Callippe Preserve Golf Course, please see page 51.

Please join us in celebrating these momentous occasions!

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Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Pleasanton Community Services Department encourages those with disabilities to participate in its programs. If you have special needs, and require accommodation, please call us at 931-5340.









Facilities & Community Services Staff

City Council

Jerry Thorne, Mayor
Karla Brown • Kathy Narum
Arne Olson • Jerry Pentin
Nelson Fialho, City Manager
Meets 7:00pm, every 1st and 3rd
Tuesday of the month

Parks & Recreation Commission

MirArman Abrishamchian • Bryan Bowers
Joanie Fields • Brad Hottle
David Lambert • Joseph Streng
Deborah Wahl
Meets 7:00pm, every 2nd
Thursday of the month

Additional City Commissions listed on page 62

FALL 2015/WINTER 2016 REGISTRATION

Priority Registration Online (Residents only) Beginning at 8:00am on

Wednesday, July 29, 2015

Mail-In (Residents only)
Beginning at 8:00am on
Wednesday, August 5, 2015

Open Registration Walk-in & Non-ResidentBeginning at 8:00am on

Wednesday, August 12, 2015 See page 54 for details.



4 • General Information

Community Services Facilities

Community Services Main Office

200 Old Bernal Avenue, 931-5340

Alviso Adobe Community Park

3465 Old Foothill Road, 931-3479

Amador Recreation Center

4455 Black Avenue

Amador Theater

1155 Santa Rita Road, 931-4850

Cultural Arts Center

4477 Black Avenue

Dolores Bengtson Aquatic Center

4455 Black Avenue, 931-3420

Firehouse Arts Center

4444 Railroad Avenue, 931-4850

Gingerbread Preschool

4333 Black Avenue, 931-3430

Ken Mercer Sports Park Office

5800 Parkside Drive, 931-3437

Nature House

519 Kottinger Drive

Senior Center

5353 Sunol Blvd, 931-5365

Sports Field Weather Line

931-5360

Tennis & Community Park 5801 Valley Avenue, 931-3449

3001 valley Aveilue, 331-3443

Veterans Memorial Building

301 Main Street

City/School Gymnasiums Pleasanton Middle School

5001 Case Avenue

Harvest Park Middle School

4900 Valley Avenue

Thomas A. Hart Middle School

4433 Willow Road

Off-site Activity Locations

Crispim BJJ Barra Brothers6668 Owens Drive, 1st Floor, Pleasanton

Earl Anthony's Dublin Bowl

6750 Regional St., Dublin

The Healing Journey

3950 Valley Avenue, Ste. B, Pleasanton

Jue's Taekwon-Do Studio

5460 Sunol Blvd., #8, Pleasanton

NorCal Volleyball Facility

7069 Commerce Circle, Pleasanton

Shape Up! Bootcamp Fitness

5757 Sonoma Dr., Suite C, Pleasanton

Community Services Staff

Administration

200 Old Bernal, 931-5340

Susan Andrade-Wax, Community Services Director

Michele Crose, Community Services Manager Becky Hopkins, Community Services Manager Mark Spiller, Community Services Manager Mike Patrick, Management Analyst Dan Villasenor, Recreation Supervisor Terry Snyder, Administrative Assistant Ania Pawlak, Office Assistant Sean Welch, Senior Recreation Program Specialist

Ken Mercer Sports Park

5800 Parkside Drive, 931-3437

Joelle Glushenko, Recreation Supervisor Rachel Prater, Recreation Coordinator Nilo Velazquez, Senior Recreation Program Specialist

Dolores Bengtson Aquatic Center

4455 Black Avenue, 931-3420

Michelle Dunaway, Recreation Supervisor Kara Yost, Recreation Coordinator

Senior Center

5353 Sunol Blvd, 931-5365

Pam Deaton, Recreation Supervisor Raymond Figueroa, Recreation Coordinator Gloria Lewis, Senior Paratransit Dispatcher Michele Tonowski, Lead Dispatcher

Gingerbread Preschool

4333 Black Avenue, 931-3430

Samu Tiumalu, Recreation Supervisor

David Weisgerber, Recreation Coordinator

Firehouse Arts Center

4444 Railroad Avenue, 931-4848

Rob Vogt, Recreation Supervisor Mark Duncanson, Recreation Coordinator Bob Elliott, Theatre Technician Mike Roberts, Theatre Assistant Julie Finegan, Gallery Coordinator

Alviso Adobe Community Park

3465 Old Foothill Road, 931-3479Ashley Zubrik, Naturalist

City registration website: www.pleasantonfun.com



Like us on Facebook: Pleasanton Community Services



Follow us on Instagram: Pleasantonfun

Phone: **(925) 931-5340**



AUDITIONS

Auditions: Th 10/1 4:00-8:00pm | Su 10/4 4:00-8:00pm

Call Backs: Tuesday 10/6 4:00-8:00pm

Rehearsals: Tu, Th, Su | 10/13-12/3

No Rehearsal 11/22-11/29

Tech Rehearsals: Su-Th 12/6-12/10 | 4:00-9:00pm

Performances: F & Sa 12/11-12/19 7:30pm

Sa & Su, 12/12-12/20 2:00pm

PLEASANTON UNITES AGAINST BULLYING

Wednesday, October 21st is Unity Day, the day everyone can unite, in our community and online, to send one large ORANGE message of support. Wear orange to show that, together, we are united against bullying and united for kindness, acceptance and inclusion.

Show your support by wearing orange, and share your support online with #UnityDay2015 #PTownUnites





HARRINGTON GALLERY FALL 2015-WINTER 2016



Denise Oyama Miller, 2014 Participant

September 24-October 24
< Pleasanton Art League
Annual Members Exhibition: PASSAGES

Reception Tuesday, September 29,

From 6:00-8:00pm

Celebrating local talent, Harrington Gallery features Pleasanton Art League members' recent works. This year has a theme—
"Passages." Always a favorite, with lots of variety. Visit the PAL website to learn more about this active group at PAL-art.com

November 12-December 16

STRATA: Works by Members of Studio Art Quilt Associates > Northern California/Northern Nevada Chapter

Reception Thursday, November 12

From 7:00-9:00pm

An amazing and colorful array of textiles, art quilts, and sculpture. SAQA is a national non-profit organization whose mission is to promote the art quilt through education, exhibitions, and professional development.

HARRINGTON GALLERY

in the Firehouse Arts Center 4444 Railroad Avenue

HARRINGTON GALLERY HOURS: Wednesday-Friday Noon-5:00pm, Saturday 11:00am-3:00pm. Open one hour before most theater performances and during Intermission. Website: www.firehousearts.org • (925) 931-4849



Hard Times by Susan Else



January 14–February 20, 2016 Allied Artists West Reception Thursday, January 14 From 6:00-8:00pm

Allied Artists West is a group of professional artists; most reside in the South Bay. These awardwinning artists will be featured at the Harrington to start out the New Year. Painting demonstrations will take place on most Saturdays during the run of the exhibit, so look for the schedule on the Firehouse website: www.firehousearts.org.



FIREHOUSE

ARTS CENTER,

4444 Railroad Avenue Pleasanton, CA

September 5th 11am-4pm

ANNIVERSARY CELEBRATION

Light hor d'oeuvres Entertainment Art Workshops

6 • General Information Phone: (925) 931-5340

Community Education Series FALL SCHEDULE

COMMUNITY

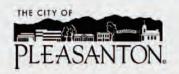
EDUCATION

SERIES

FREE Registration at pleasantonfun.com

Workshops are held at:
Pleasanton Public Library
400 Old Bernal Avenue





The Well Balanced Student

Reduce academic stress without sacrificing achievement 09.16.15 7:00 - 8:30PM Course 61121

Top 10 Tips for Technology

The best apps, tools, & practices - Student Workshop 10.21.15 4:00 - 5:00PM Course 61122

Technology & Our Kids

Managing a Digital Life - Parent Workshop 10.21.15 7:00 - 8:30PM Course 61123

What Kids Wish Parents Knew

Hear what students are struggling with everyday 11.18.15 7:00 - 8:30PM Course 61124

Pleasanton Council
P7/4
everychild.onevoice.

For more information, please call 925-931-5359 or visit ptownlife.org





4333 Black Avenue www.gingerbreadpreschool.org (925) 931-3430

Gingerbread Preschool has over a 40-year history in the Pleasanton community. The School Year program is a part-time, recreation program and provides children an opportunity to experience a classroom setting prior to kindergarten.

Gingerbread Preschool offers programs for children ages 2-5 years old (students must be of age on or before December 2, 2015). To arrange a tour or for more information about classes, please call Gingerbread Preschool at (925) 931-3430.

The Arts

Ages 2-5

Acrylic Painting with Parent

A fun class to introduce painting to children! We will create artwork by finger painting, sponge painting and using brushes, and markers. Parent participation required. A \$8 supply fee is due at the time of registration.

Amador Recreation Center | Instructor: Zina Kassab

6 classes	\$100R	/\$110N		
60609	Tu	9/1-10/6	10:00-11:00am	
60610	Tu	10/13-11/17	10:00-11:00am	
4 classes \$80R/\$88N				
60612	Tu	1/5-1/26	10:00-11:00am	

This is a holiday themed session!

4 classes	\$80	R/\$88N	
60611	Tu	12/1-12/29*	10:00-11:00am
*No class 12/	22		

Ages 4-6

ART ABOUT...

Amador Recreation Center | Instructor: Debbie Wardrope A \$15 supply fee is due at the time of registration.

Storybook Art

If you love great books like *Pete the Cat, The Dot*, and *Giraffes Can't Dance*, this art class is for you! We'll make some fun and creative art projects based on these great books and many others.

4 classo	4 classes \$85R/\$94N			
60597	М	9/21-10/12	11:00am-Noon	

Artful Animals

From barnyard to rainforest, we'll be exploring the wonderful world of animals. We'll collage, paint, print and draw lots of our favorite four-legged friends.

4 classes	s \$8	5R/\$94N	
60598	М	10/19-11/9	11:00am-Noon

Paint Print Pour!

Get Wild at art in this fun, creative class. We'll be using paint, printmaking and yes, even pouring to make awesome 2-D & 3-D art projects including a texturized frog, an oil & watercolor painting and much more using unique materials.

4 class	es \$8	5R/\$94N	
60599	М	1/4-2/1*	11:00am-Noon
*No class	1/12		

8 • Preschool Children Phone: (925) 931-5340



Ages 2-4

MOM & ME: ART WITH DEBBIE WARDROPE

A \$15 supply fee is due at time of registration. Amador Recreation Center | Instructor: Debbie Wardrope



Mom & Me: Artful **Animals**

Come explore the wonderful world of animals with your little one. We'll be painting, collaging and crafting fun projects your child will be delighted to display.

4 classes | \$65R/\$72N

60656	Th	10/8-10/29	9:30-10:20am
60657	Th	10/8-10/29	10:30-11:20am



Mom & Me: Paint, Print, Pour!

Kids get wild at art in this experimental creative class. Get messy with fingerpaint and splatter paint, and try some fun printmaking techniques, too. Loads of fun!

4 classes | \$65R/\$72N

60659	Th	1/7-1/28	9:30-10:20am
60660	Th	1/7-1/28	10:30-11:20am



Mom & Me: Storybook

Come have some fun creating art based on your favorite picture books! Kids will cut, color and paint projects from stories such as Mouse Paint, The Very Hungry Caterpillar and more.

60654	Th	9/10-10/1	9:30-10:20am
60655	Th	9/10-10/1	10:30-11:20am

Ages 3-5

FRIDAY FUN WITH ART

Amador Recreation Center | Instructor: Debbie Wardrope A \$10 supply fee is due at the time of registration.

Fabulous Fall

Make a head start on fall decorating in this super creative class. Make an owl mixed media collage, paint a 3-D wood pumpkin, create a Happy Fall banner and more! Lots of fall fun.

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1 clas	5 1 32	401741	2 7 9 IA
	_		

60811 9/18 12:00-1:30pm

Haunting Halloween Fun

Come make some spooky and fun Halloween art you'll love displaying! Create a candy corn banner, an interactive haunted house, a framed 4-part collage and more. You'll have a hauntingly good time!

	\$25R	/さつのNI
1388	1 3 2 3 R	3 2 8 N

10/16 60812 12:00-1:30pm

Creative Christmas

Have a crafty Christmas making a Ho, Ho, Ho wall hanging, a 3-D painted gingerbread house, a snowman light up magnet, and a Grinch Christmas plate.

1 0	300	\$25R	/COOM
	เสออ	IJZJN	320N

60813 F 12/4 12:00-1:30pm

Frozen Fun

If you love the movie Frozen, you'll love making an Olaf sock snowman, an ice castle painting, frozen snow slime and more. Come have some Frozen art fun this winter!

1 class | \$25R/\$28N

60814 1/15 12:00pm-1:30pm





Ages 4-6

Play 'N Clay

Fun, hands-on for the little ones! We will make pinch pots, coiled pots, and hand and feet prints! All pieces will be fired and glazed in colors your child chooses. A \$25 supply fee is due at the time of registration. Cultural Arts Building | Instructor: Erin Davis

6 classes | \$86R/\$95N

60683	Th	9/17-10/22 11:00am-Noon
60684	Th	10/29-12/10* 11:00am-Noon
60685	Th	1/14-2/18 11:00am-Noon

*No class 11/26

Ages 4-6

Young Rembrandts FUNdamental Drawing

As we learn to draw with our step-by-step method, children develop observation skills, increase their fine motor skills, handwriting readiness and attention to details. We use subjects your child is familiar with such as animals and toys, pictures, and stories to engage your child's imagination.

Amador Recreation Center | Instructor: Young Rembrandts

6 classes \$99R/\$109N				
61018	W	9/2-10/7	3:00-4:00pm	
61019	W	10/14-11/18	3:00-4:00pm	



Like us on Facebook: **Pleasanton Community Services**



Follow us on Instagram: Pleasantonfun

Ages 2-6

KIDZ LOVE SOCCER

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. Sessions include age-appropriate activities: skill demonstrations, fun games, and instructional scrimmages.

Instructor: Kidz Love Soccer Staff

Location: Bernal Community Park t-ball field 7, unless noted

Ages 2-3.5



Mom Mommy/Daddy & Me Soccer

The fun happens on the field, so don't just watch from the sidelines! Join in as we introduce your toddler to the world's most popular sport. You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. All kids receive a KLS jersey!

9 classes \$120R/\$132N				
60615	Tu	9/15-11/10	11:30am-Noon	
60616	Sa	9/26-11/21	10:30-11:00am	
60617	Sa	9/26-11/21	11:05-11:35am	
8 classe	es \$11	.0R/\$121N		
60652	Sa	1/23-3/12*	10:30-11:00am	
60651	Sa	1/23-3/12*	11:05-11:35am	
60653	Tu	1/19-3/8	11:30am-Noon	

^{*}Location: Harvest Park Middle School T-ball field at the corner of Northway and Valley Ave.

Ages 3.5-4

Tot Soccer

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. All participants receive a KLS jersey! Shin guards are required after the first meeting.

9 classe	es \$12	20R/\$132N	
60658	Tu	9/15-11/10	10:15-10:45am
60662	F	9/18-11/13	9:30-10:00am
60664	Sa	9/26-11/21	9:00-9:30am
5 classe	es \$77	7R/\$85N	
60661	Tu	9/15-10/13	5:15-5:45pm
60663	F	9/18-10/16	5:45-6:15pm
8 classe	es \$11	LOR/\$121N	
60665	Tu	1/19-3/8	10:15-10:45am
60666	Tu	1/19-3/8*	4:30-5:00pm
60667	F	1/22-3/11	9:30-10:00am
60668	F	1/22-3/11*	5:00-5:35pm
60669	Sa	1/23-3/12*	9:00-9:30am

^{*}Location: Harvest Park Middle School T-ball field at the corner of Northway and Valley Ave.



Ages 4-5

Pre-Soccer

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment.

9 classes	s \$120F	R/\$132N	
60670	Tu	9/15-11/10	10:45-11:20am
60672	F	9/18-11/13	10:00-10:35am
60674	Sa	9/26-11/21	9:30-10:05am
5 classes	s \$77R/	\$85N	
60671	Tu	9/15-10/13	5:45-6:20pm
60673	F	9/18-10/16	5:10-5:45pm
8 classes	s \$110F	R/\$121N	
60675	Tu	1/19-3/8	10:45-11:20am
60676	Tu	1/19-3/8*	5:00-5:35pm
60677	F	1/22-3/11	10:00-10:35am
60678	F	1/22-3/11*	5:00-5:35pm
60679	Sa	1/23-3/12*	9:30-10:05am

^{*}Location: Harvest Park Middle School T-ball field at the corner of Northway and Valley Ave.

Ages 5-6

Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. All participants receive a KLS jersey! Shin guards are required after the first meeting.

9 classe	es \$12	OR/\$132N		
60680	Tu	9/15-11/10	3:45-4:30pm	
60681	F	9/18-11/13	3:40-4:25pm	
60682	Sa	9/26-11/21	10:05-10:50am	
8 classes \$110R/\$121N				
8 classe	es \$11	.0R/\$121N		
8 classo 60711	es \$11 Tu	.OR/\$121N 1/19-3/8*	3:45-4:30pm	
			3:45-4:30pm 3:30-4:15pm	

*Location: Harvest Park Middle School T-ball field at the corner of Northway and Valley Ave.

WEE HOOP BASKETBALL

Ages 1.5-3

Wee Hoop Hoopsters

This parent interactive class develops gross motor skills and coordination. Repetition enables children to build confidence. Organized games develop skills for listening and following directions. Participants are required to bring a size 3 ball.

*10/10 class will be held at Harvest Park Middle School Ken Mercer Sports Park Basketball Courts

9 classes	\$117	7R/\$129N	
60636	Th	9/10-11/5	9:30-10:05am
Thomas Hart I	Middle	School Gym	
8 classes	\$104	łR/\$114N	
60637	Sa	9/12-10/31*	9:00-9:35am

Ages 3-4

Wee Hoop Jump Shooters

Children will develop physical skills such as balancing on 1 foot and hopping. The class introduces basketball skills based upon increased coordination. Parent participation is optional. Participants are required to bring a size 3 ball.

Ken Mercer Sports Park Basketball Courts

9 classe	es \$11	7R/\$129N	
60635	Th	9/10-11/5	10:10-10:50am
Thomas Ha	rt Middl	e School Gym	
8 classe	s \$10	4R/\$114N	
60634	Sa	9/12-10/31*	9:40-10:20am

Ages 4-5

Wee Hoop Hot Shots

This class is focused on developing basketball skills and learning basic rules of the game. Activities will encourage teamwork and meeting new friends. Participants are required to bring a size 3 ball.

Ken Mercer Sports Park Basketball Courts

9 classes	\$11	7R/\$129N	
60633	Th	9/10-11/5	10:55-11:40am
Thomas Har	t Middl	e School Gym	
8 classes	\$ \$10	4R/\$114N	
60632	Sa	9/12-10/31*	10:25-11:10am

Ages 5-6

Wee Hoop Ballers

This class is focused on further development of fundamentals. It also introduces team dynamics and incorporates game play. Prior basketball experience is required. Participants are required to bring a 27" ball.

Thomas Hart Middle School Gym

Sa 9/12-10/31* 11:15am-12:15pm 60823

Ages 3-5

Little Ninjas Taekwon-Do

Our little Ninja program teaches pre-schoolers physical coordination, enhances their mental development and introduces fundamental self-defense skills in a fun & stimulating environment. They will increase their self esteem, practice being better listeners and have a positive outlook.

Jue's Taekwon-Do | Instructor: Gordon Jue

Ages 3-4

19 class	es \$19	OR/\$209N	
60622	Tu	9/1-1/26*	10:30-11:00am
18 class	es \$18	OR/\$198N	
60623	W	9/2-1/27*	1:30-2:00pm
Ages 4-5			
19 class	es \$19	OR/\$209N	
60624	Tu	9/1-1/26*	11:15-11:45am
18 class	es \$18	OR/\$198N	
60625	W	9/2-1/27*	1:45-2:15pm
*No classes 12/30	11/11, 11	/24, 11/25, 12/2.	2, 12/23, 12/29,

Ages 3-5

Lil Baseball

Participants will learn elementary skills and the direction of the game in this exciting new program. Each class includes skill building in throwing, hitting, fielding, and base running. We ensure safety with age-appropriate equipment designed for your child's motor skills. Harvest Park Middle School T-Ball Field; Corner of Northway & Valley Ave. | Instructor: Pitching Center

7 classes \$119R/\$131N				
60613	Tu	9/15-10/27	4:00-4:50pm	
60826	Tu	9/15-10/27	5:00-5:50pm	
60614	Th	9/17-10/29	4:00-4:50pm	
60827	Th	9/17-10/29	5:00-5:50pm	

Ages 3-7

Bumper Bowling

Guaranteed success for all bowlers! Weekly awards and lots of fun. Learn the basics about bowling. Every bowler earns a trophy at the end-of-session party. One game per week. Parent supervision is required. A \$10 supply fee is due at the time of registration. Dublin Bowl | Instructor: Dublin Bowl Staff

8 classes \$85R/\$94N				
60805	Th	9/10-10/29	11:30am-12:30pm	
60806	Th	9/10-10/29	1:30-2:30pm	

Ages 3-6

SKYHAWKS MINI HAWK

Multi-Sport—Baseball, Basketball, Soccer

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Harvest Park Middle School T-Ball Field; Corner of Northway & Valley Ave. | Instructor: Skyhawks Sports

8 classes \$98R/\$108N						
60618	Sa	9/12-11/7*	9:00-9:50am			
60619	Sa	9/12-11/7*	10:00-10:50am			
60620	Sa	9/12-11/7*	11:00-11:50am			
*No class 9	*No class 9/26					

Multi-Sport Camp— Baseball, Basketball, **Dodgeball**



the flag, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Harvest Park Middle School | Instructor: Skyhawks Sports

3 classe	es \$108	R/\$119N	
60628	M-W	11/23-11/25	9:00am-Noon



Winter Camps



Age 3.5-5.5 Planet Earth Explorers CAMP



Become a junior Mad Scientist! This new camp is a great introduction to science. Preschoolers explore their sense of sight, sound, smell, taste and touch. Children use a magnifying glass to discover the world of creepy crawly creatures. Take an exciting mission with Mad Science to explore the planets, moons and stars. Take-home projects included each day!

Nature House | Instructor: Kate Merlone

3 classes \$150R/\$165N			
61075	M-W	12/21-12/23	9:00am-Noon

Age 3.5-5.5 **World Scientists**



Spend time in the lab learning the tools and techniques that scientists use while conducting some great hands on projects. World Scientists will conduct solar experiments, explore predator and prey relationships and investigate food webs. Learn animal adaptations and create an insect habitat. Scientists will also discover what Mr. Owl had on his dinner plate during the famous owl pellet dissection.

Nature House | Instructor: Kate Merlone

3 classes	\$150	R/\$165N		
61075	M-W	12/21-12/23	1:00pm-4:00pm	

Special Interest

Ages 3-5

Build It! Using LEGO® Duplo

Join the LEGO® Duplo fun! During this course, students will explore themes like Carnivals, Cities, Bakeries, Play Grounds, Farms, and Oceans. They will get to construct projects like robots and learn how parts of machines work like gears and levers. All this fun, along with reinforcing learning skills like color, size, and shape recognition as well as cooperation and sharing.

Cultural Arts Building | Instructor: Play-Well TEKnowlogies Staff

6 classes	s \$18	85R/\$203N	
61021	W	9/16-10/21	11:10am-12:10pm
61022	W	10/28-12/2	11:10am-12:10pm

Ages 3.5-5.5

Little STEM: Building Structures

Students design, build and measure the structures. They will also explore structures and geometric shapes with instruction. Introducing STEM concepts using structures with hands on learning experience. During this class students will learn the design process, construction, the forces and efficiency. Take home project along with worksheets. A \$8 supply fee is due at the time of registration. Nature House | Instructor: Minerva Learning Staff

4 classe	es \$10	OR/\$110N	
61135	Tu	9/8-9/29	10:00-11:15am



lges 3.5-6

Little STEM: Building Cars

Curious kids want to know how things work. Scientists explore an area of mechanical engineering. They will design, build a machine to apply and experiment with the concepts of STEM. A great preschool transportation activity! Take home project along with worksheets. A \$12 supply fee is due at the time of registration.

Nature House | Instructor: Minerva Learning Staff

4 classes | \$130R/\$143N

61134 Th 10/8-10/29 10:00-11:15am

Dance

Ages 3-5

Creative Movement

An introductory dance class for little ones! Children will have a blast in this class that explores elements of ballet and jazz. A unique curriculum comprised of movement, props and music specially tailored to this age group, will keep them excited and engaged! Ballet or jazz shoes required.

Cultural Arts Building | Instructor: Jillian Green

Ages 3-4

6 classes	s \$9	0R/\$99N	
60603	Tu	9/8-10/13	10:45-11:30am
60606	Tu	9/8-10/13	11:30am-12:15pm
8 classes	s \$1	.20R/\$132N	
60604	Tu	10/20-12/8	10:45-11:30am
60607	Tu	10/20-12/8	11:30am-12:15pm
11 classe	es \$	165R/\$182N	
60605	Tu	1/5-3/15	10:45-11:30am
60608	Tu	1/5-3/15	11:30am-12:15pm

Ages 4-5

5 class	ses \$75R	?/\$83N			
60600	М	9/14-10/12	11:15am-Noon		
7 classes \$105R/\$116N					
60601	М	10/19-12/7*	11:15am-Noon		
9 classes \$135R/\$149N					
60602	М	1/4-3/14**	11:15am-Noon		
V41 1	44 /40 VVII	1 4/40 3/45			

^{*}No class 11/19. **No class 1/18, 2/15.

Ages 4-6

Combo Dance Class

The perfect first dance class for little ones! Our combo dance class will introduce children to ballet, tap, and creative movement/ jazz. The use of props and age-appropriate music will help keep kids engaged and having fun. Arrive in tap shoes and bring additional soft dance shoes to change into. Cultural Arts Building | Instructor: Jillian Green

16 classes | \$240R/\$264N

60568 Sa 9/12-1/30 10:15-11:00am

*No class 10/10, 11/7, 11/28, 12/26, 1/2



~ 3rd Annual ~ Holiday Youth Music Festival

Come and see what the young musicians and singers have in store for you this year! It sure to be a fun and energy-filled Holiday Youth Musical Festival.



Saturday, November 28th 2:00pm

DIRECTOR: MARK DUNCANSON

™ Auditions! Ages 10-18

Online Audition Submissions: Wednesday 8/5 to Wednesday 8/26

Youth and teen musicians, vocalists, bands, and actors are encouraged to audition for this holiday-themed youth music festival. For more information on how to submit your webbased audition, visit www.firehousearts.org/programs/teenprograms.

Firehouse Arts Center

Tickets: go to www.FirehouseArts.org or call 925-931-4848

Phone: **(925) 931-5340**

New! Family Classes

THE ARTS

Ages 2-4

MOM & ME: ART WITH DEBBIE WARDROPE

A \$15 supply fee is due at the time of registration.

Amador Recreation Center | Instructor: Debbie Wardrope



Artful Animals

Come explore the wonderful world of animals with your little one. We'll be

painting, collaging and crafting fun projects your child will be delighted to display.

4 classes \$65R/\$72N						
60656	Th	10/8-10/29	9:30-10:20am			
60657	Th	10/8-10/29	10:30-11:20am			



Paint, Print, Pour!

Kids get wild at art in this experimental creative class. Get messy with

fingerpaint and splatter paint, and try some fun printmaking techniques, too. This class is loads of fun!

4 classes \$65R/\$72N						
60659	Th	1/7-1/28	9:30-10:20am			
60660	Th	1/7-1/28	10:30-11:20am			



Storybook Art

Come have some fun creating art based on your favorite picture books!

Kids will cut, color and paint projects from stories such as Mouse Paint, The Very Hungry Caterpillar and more.

4 classes \$65R/\$72N						
60654	Th	9/10-10/1	9:30-10:20am			
60655	Th	9/10-10/1	10:30-11:20am			



Ages 2-5



Mom Acrylic Painting with

A fun class to introduce painting to children! We will create artwork by finger painting, sponge painting and using brushes and markers. Parent participation required. An \$8 supply fee is due at the time of registration. Amador Recreation Center | Instructor: Zina Kassab

6 classes \$100R/\$110N						
60609	Tu	9/1-10/6	10:00-11:00am			
60610	Tu	10/13-11/17	10:00-11:00am			
4 classes \$80R/\$88N						
60612	Tu	1/5-1/26	10:00-11:00am			

This is a holiday themed session!

4 classe	es \$80	R/\$88N	
60611	Tu	12/1-12/29*	10:00-11:00am
*No class 1	2/22		

EXERCISE & WELLNESS

Ages 5 and up

Traditional Japanese Karate—Family

Our family is dedicated to teaching a Traditional Japanese Karate style called Seito Shito Ryu with a focus on building confidence, living honorably, and learning effective self-defense. Classes are full of fun and challenging drills. This is not a 'Feeder Program' -the student can earn their internationally recognized Black Belt here. Our motto is: 'Persistence and Determination Alone are Omnipotent'. To learn more please visit us at: www.daytimedragon.com.

Veterans Memorial Building | Instructor: Daniel Reddell

3 classe	es \$27F	R/\$30N				
60980	М	9/14-9/28	6:05-6:50pm			
4 classe	es \$36F	R/\$40N				
60981	М	10/5-10/26	6:05-6:50pm			
60986	W	10/7-10/28	6:05-6:50pm			
60987	W	11/4-11/25	6:05-6:50pm			
60983	М	12/7-12/28	6:05-6:50pm			
60988	W	12/9-12/30	6:05-6:50pm			
60989	W	1/6-1/27	6:05-6:50pm			
5 classe	s \$45F	R/\$50N				
60985	W	9/2-9/30	6:05-6:50pm			
60982	М	11/2-11/30	6:05-6:50pm			
4 classes \$36R/\$40N						
60984	M/Sa	1/4-1/25*	6:05-6:50pm			
*No class 1	/18					





Babywearing Dance Fitness

Wear your baby with your favorite carrier and come dance! This one hour post-natal fitness class is designed to help mothers and fathers strengthen and move their bodies while bonding with their babies. Various dance fitness rhythms will keep you moving.

Amador Recreation Center | Instructor: Adrienne Oliveira

8 classe	es \$80	DR/\$88N	
60938	Sa	9/12-10/31	9:00-9:45am
5 classe	es \$50)R/\$55N	
60939	Sa	11/14-12/19*	9:00-9:45am
4 classe	es \$40)R/\$44N	
60940	Sa	1/9-1/30	9:00-9:45am
*No class 1	1/28		

SPECIAL INTEREST

Ages 1.5-3



Mom Creative Movement with Mom & Dad

A perfect class for little ones eager to move and learn! Children will explore movement, sounds, colors and shapes with the help of fun props. Parents will enjoy helping their children engage in new concepts and watching their motor and social skills, as well as their coordination, expand and grow. Cultural Arts Building | Instructor: Jillian Green

5 classes \$75R/\$83N							
60562	Sa	9/12-10/17	9:30-10:00am				
5 classes \$75R/\$83N							
60563	Sa	10/24-12/5	9:30-10:00am				
6 classes \$90R/\$99N							
60565	Sa	12/12-1/30	9:30-10:00am				

^{*}No class 10/10, 11/7, 11/28, 12/26, 1/2

CIVIC ARTS STAGE COMPANY 2015-16 SEASON



Peering down from their home on Mount Olympus, the ancient Greek gods and goddesses see a fast-paced, modern world filled with folks who don't know who they are. Who will tell their stories? The Muse of Epic Poetry, Calliope, descends from the mountaintop to ask 11 year-old Jason for his help. Join us on this musical journey with Jason to meet Zeus, Athena, Aphrodite and the rest of the Greek pantheon to hear the Tales of Olympus!

PERFORMANCES:

Friday & Saturday 9/18-9/26 7:30pm Saturday & Sunday 9/19-9/27 2:00pm



Auditions: Th 10/1 4:00-8:00pm | Su 10/4 4:00-8:00pm

Call Backs: Tuesday 10/6 4:00-8:00pm

Rehearsals: Tu, Th, Su | 10/13-12/3 No Rehearsal 11/22-11/29

Tech Rehearsals: Su-Th 12/6-12/10 | 4:00-9:00pm

Performances: F & Sa 12/11-12/19 7:30pm Sa & Su, 12/12-12/20 2:00pm

Lelle

Elf the Musical JR.

Based on the beloved holiday film, this hilarious fish-out-of-water comedy follows Buddy the Elf in his quest to find his true identity. Join The City of Pleasanton and Bay Area Children's Theatre for Civic Arts Stage Company's first holiday themed children's musical in nearly a decade.





A Midsummer Night's Dream

Civic Arts Stage Company is proud to present one of William Shakespeare's most popular comedies live at the Firehouse Arts Center. This whimsical play includes magic, fairies, and mistaken identity; a theatrical recipe perfect for the whole family!

AUDITIONS:

Sunday, 1/10 | 4:00-8:00pm Tuesday, 1/12 | 4:00-8:00pm

CALL BACKS:

Thursday, 1/14 | 4:00-8:00pm

REHEARSALS:

Tuesday, Thursday, Sunday | 1/24-3/3

TECH REHEARSALS:

Sunday-Thursday 3/6-3/10 4:00-9:00pm

PERFORMANCES:

Friday, Saturday, 3/11-3/19 | 7:30pm Saturday, Sunday, 3/12-3/20 | 2:00pm



Like us on Facebook:
Pleasanton Community Services



Follow us on Instagram: Pleasantonfun

14 • School Age Children

Phone: (925) 931-5340

The Arts

Ages 5-10

Young Rembrandts Holiday Card Making

Create your own special greeting cards while learning to draw a wonderful variety of holiday still-life drawings the Young Rembrandt way. Highlights and shading will enhance each drawing. Join us for five days of challenging lessons as we refine our drawing skills and create cards. No prior experience necessary. A \$15 supply fee is due at the time of registration.

Nature House | Instructor: Young Rembrandts Staff

5 classes | \$119R/\$131N

60688 F 11/13-12/18 3:30-5:00pm

*No class 11/27

Ages 6-10

Artful Animals

From barnyard to rainforest, we'll be exploring the wonderful world of animals. We'll collage, paint, print and draw lots of our favorite four-legged friends. A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes | \$85R/\$94N

60833 Tu 10/6-10/27 3:45-5:00pm

Ages 6-10

Doodle All the Day for Girls

Love to doodle? We do too! We'll be learning how to draw all kinds of cute, girly things while creating fun projects you'll love to display. We'll even learn the art of zentangle in the process. Come doodle with us! A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes | \$85R/\$94N

60835 Tu 1/5-1/26 3:45-5:00pm

Ages 6-10

Paint, Print, Pour!

Get wild at art in this fun, creative class. We'll be using paint, printmaking and yes, even pouring to make awesome 2-D & 3-D art projects including a texturized frog, an oil & watercolor painting and much more using unique materials. A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes | \$85R/\$94N

60825 W 1/6-1/27 3:45-5:00pm

FRIDAY FUN WITH ART

Ages 6-10

Fabulous Fall

Make a head start on fall decorating in this super creative class. Make an owl mixed media collage, paint a 3-D wood pumpkin, create a Happy Fall banner and more! Lots of fall fun. A \$10 supply fee is due at the time of registration.

Amador Recreation Center | Instructor: Debbie Wardrope

1 class | \$25R/\$28N

60807 F 9/18 3:45-5:30pm

Ages 6-10

Haunting Halloween Fun

Come make some spooky and fun Halloween art you'll love displaying! Create a candy corn banner, an interactive haunted house, a framed 4-part collage and more. You'll have a hauntingly good time! A \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

1 class | \$25R/\$28N

60808 F 10/16 3:45-5:30pm

Ages 6-10

Creative Christmas

Have a crafty Christmas making a ho, ho, ho wall hanging, a 3-D painted gingerbread house, a snowman light up magnet, and a Grinch Christmas plate. A \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

1 class | \$25R/\$28N

60809 F 12/4 3:45-5:30pm

Ages 6-10

Frozen Fun

If you love the movie Frozen, you'll love making an Olaf sock snowman, an ice castle painting, frozen snow slime and more. Come have some Frozen art fun this winter! A \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

irenouse Arts Center | Instructor: Deppie Wardrop

1 class | \$25R/\$28N

60810 F 1/15 3:45-5:30pm

Ages 5-10

Spa Girls P-ART-Y!

Come join the fun as we craft, color and create fun girly things like Kool-Aid lip gloss, make up selfies, a hand held mirror, and even a personalized nail polish canvas for your room. *A* \$15 supply fee is due at the time of registration. Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes | \$85R/\$94N

60832 Tu 9/8-9/29 3:45-5:00pm

STYLIN' WITH ART SERIES

Ages 6-10

Rockin' Realism

Artists have always tried to paint what they see and we'll be exploring the different ways they make things look real. From Impressionism to Pop Art, we'll be inspired by different types of realistic art to create our own masterpieces. A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes | \$85R/\$94N

60821 W 9/9-9/30 3:45-5:00pm

Ages 6-10

Marvelous Modern Art

Come and discover four different styles of modern art: Fabulous Fauvism, Creative Cubism, Super Surrealism & Explosive Expressionism. We'll be making fun 2-D and 3-D art based on the work of artists famous for their unique modern style. A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes | \$85R/\$94N

60822 W 10/7-10/28 3:45-5:00pm

Ages 6-10

Awesome Abstract Art

Come and explore the wonderful world of abstract art! We'll be creating cool artworks based on great abstract artists such as Louise Nevelson, Miro and many more. Make a mobile, a found object assemblage, an abstract landscape and more. A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes | \$85R/\$94N

60824 W 11/4-12/9* 3:45-5:00pm

*No class 11/11, 11/25

The Arts

Ages 5-11

YOUNG @ ART

Students will visit the Harrington Gallery to learn about each exhibit, and then create an art piece themselves in the studio upstairs. A different focus for each session; elements such as technique, medium, composition, and subject matter are explored.

Firehouse Arts Center | Instructor: Debbie W. & Julie F.

Ages 5-11

Pleasanton in Watercolor

Students will visit the Pleasanton Art League members' exhibit in the Harrington Gallery, then create some stellar Downtown Pleasanton scenery using watercolor materials.

1 class	\$15R	\$20N

61042 10/1 4:30-5:45pm Th

Ages 5-11

Creative Quilting

Participants will view an amazing array of colorful art quilts and sculpture in the Harrington Gallery, then meet in the Reznick Studio to create some textile and paper quilts to bring home.

4 -1	A4ED	IFORE
1 class	1212K	/ 5

61043 Th 11/12 4:30-5:45pm

Ages 5-11

Colorful Landscapes

Students will enjoy a large group exhibit and variety of beautiful paintings. Then the group will go upstairs to the studio and create landscape drawings and paintings with mixed media.

1 6 566	CIED	CONN
1 class	P-1-1-1	S AUIN

61044 Th 1/14 4:30-5:45pm



Ages 6-10

Ultra-Amazing Upcycled Art

Ordinary objects can be transformed into amazing works of art! We'll use toilet paper rolls, old crayons, CD's, bottle caps and more to make beautiful collages, scratch art mandalas, and a magazine quilled design. A \$15 supply fee is due at the time of registration. Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes | \$85R/\$94N

60834 Tu 11/3-12/1 3:45-5:00pm

*No class 11/24



Youth Ceramics

All skill levels are welcome. Projects will include pinch pot, coil pot, slab work and sculpture. All materials used are lead free and non-toxic. A \$25 supply fee is due at the time of registration.

Cultural Arts Building | Instructor: Erin Davis

6 classes	\$86R/	\$95N	
60703	W	9/16-10/21	4:00-5:00pm
60706	W	9/16-10/21	5:30-6:30pm
60726	Th	9/17-10/22	4:00-5:00pm
60729	Th	9/17-10/22	5:30-6:30pm
60704	W	10/28-12/2	4:00-5:00pm
60707	W	10/28-12/9	5:30-6:30pm
60727	Th	10/29-12/10*	4:00-5:00pm
60730	Th	10/29-12/10*	5:30-6:30pm
60705	W	1/13-2/17	4:00-5:00pm
60708	W	1/13-2/17	5:30-6:30pm
60728	Th	1/14-2/18	4:00-5:00pm
60731	Th	1/14-2/18	5:30-6:30pm

*No class 11/26

LITTLE & YOUNG PERFORMERS

Instructor: Bay Area Children's Theatre





Ages 5-6 **Little Performers**

Have you ever wanted to be on stage? Learn basic performance techni-

ques with an emphasis

on theater games and specific scene rehearsals for the musical, Annie KIDS, and then join the Young Performers on the stage of the Firehouse Arts Center for the final performances.

Veterans Memorial Building

Tuesdays | 16 classes | \$160R/\$176N

61037 Tu 10/6-1/19* 3:30-4:15pm Final Performances: Tu 1/12 & 1/19 at 7:00pm *No class 11/24, 12/22, 12/29

Thursdays | 15 classes | \$160R/\$176N

61040 Th 10/8-1/21* 3:30-4:15pm

Final Performances: Tu 1/14 & 1/21 at 7:00pm *No class 11/26, 12/24, 12/31

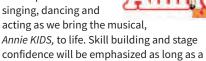




Ages 7-11

Young Performers

Learn basic performance techniques as well as singing, dancing and



confidence will be emphasized as long as a focus on the ensemble.

Veterans Memorial Building

Tuesdays | 16 classes | \$250R/\$275N

61038 Tu 10/6-1/19* 4:30-6:00pm Final Performances: Tu 1/12 & 1/19 at 7:00pm *No class 11/24, 12/22, 12/29

Thursdays | 15 classes | \$250R/\$275N

61041 Th 10/8-1/21* 4:30-6:00pm

Final Performances: Tu 1/14 & 1/21 at 7:00pm

*No class 11/26, 12/24, 12/31

Exercise & Wellness



Ages 7-10

Famous Ballet Class

Do you want to be a PRIMA ballerina? In addition to learning beginning ballet, students will enjoy learning the stories behind some of the most famous ballets, dancing to their music, and creating accessories to be used in an end of session performance! Ballet shoes and attire required. A \$25 supply fee is due at time of registration.

Cultural Arts Building | Instructor: Jillian Green

18 clas	ses \$3		
60965	W	9/2-1/27*	4:45-6:00pm
*No class	10/7, 11/	11, 12/23, 12/30	

Ages 7-12

Holiday Parade Dance Class

An exciting class for kids who love to perform! Join the fun as we learn a routine to be performed at Pleasanton's very own Hometown Holiday Parade! Class includes a jazz based warm-up, technique and routine. Participants are required to perform in the parade. Please wear black jazz shoes and dance attire. A \$25 supply fee is due at the time of registration. Cultural Arts Building | Instructor: Jillian Green

18 clas	ses \$3		
60966	W	9/2-1/27*	6:15-7:30pm
*No class	10/7, 11/	11, 12/23, 12/30	

Ages 7-10

Beginning Jazz

Come experience the high energy style of dance known as 'Jazz'! Class includes an upbeat warm-up, a breakdown of jazz technique, and a fun dance routine. Students will develop coordination, control and rhythm, as well as work on phrases that teach dynamics and musicality!

Cultural Arts Building | Instructor: Jillian Green

14 classes \$210R/\$231N					
60570) Sa	9/19-1/30*	12:15-1:00pm		

*No class 10/10, 11/7, 11/28, 12/26, 1/2, 1/16

Ages 7-10

Beginning Tap

Dancers will have a blast in this introductory tap class as they develop rhythm, coordination & showmanship. In addition to learning tap steps, students will also develop musicality and timing—a cornerstone of this classic dance style! Tappers will learn a routine to perform at the end of the session!

Cultural Arts Building | Instructor: Jillian Green

14 clas	ses	\$210	0R/\$2	31N		
60569	Sa		9/12-	-1/30*	11:15ar	n-Noon
*No class	10/10,	11/7,	11/28,	12/26,	1/2, 1/16	

Ages 6-8

Urban Performing Break-Dance & Hip Hop

Come join the fun and learn the latest break dance and hip hop moves like spins & power freezes. Students will learn to count music and dance a choreographed routine, all while developing their own style. Age appropriate music is carefully selected from current hits. Amador Recreation Center | Instructor: Kenyatta Ali

13 class	ses \$2		
60934	Sa	10/10-1/30*	10:00-11:00am

*No class 11/7, 11/28, 12/26, 1/2

Ages 7-10

Functional Fitness for Kids

Kids will have fun while staying healthy and improving their speed, agility, strenght, and conditioning.

Crispim BJJ Studio | Instructor: Crispim De Almeida

12 classes \$109R/\$120N					
60746	M/W	9/14-10/21	4:15-5:00pm		
60753	M/W	11/2-12/16*	4:15-5:00pm		

Ages 6-12

*No classes 11/11, 11/25

Taekwon-Do for Kids

Taekwon-Do for Kids focuses on teaching life skills with martial arts. Your child will develop values that they can bring into their everyday lives, such as courtesy, integrity, and self-control. Your child will also build a healthy body and fitness awarenesss in a fun and challenging environment.

Jue's Taekwon-Do Studio | Instructor: Gordon Jue

*No classes 11/24, 12/22, 12/29

19 clas	ses \$2	85R/\$314N	
60627	Tu	9/1-1/26*	5:00-6:00pm

Ages 9-13

Kids Shape Up!

This is where kids build a foundation of Fitness for Life! Young athletes use medicine balls, bands, battling ropes, TRX suspension, and more! They'll learn skills and drills that will transfer to any gym and all sports. Perfect for off-season training. Also a great stand alone program.

Shape Up! Fitness | Instructor: Chris Maloney

9 classes \$135R/\$149N						
60761	Tu/Th	9/1-9/29	4:45-5:45pm			
60762	Th/Tu	10/1-10/29	4:45-5:45pm			
6 classe	s \$90R	/\$99N				
60763	Tu/Th	11/3-11/19	4:45-5:45pm			
60764	Tu/Th	12/1-12/17	4:45-5:45pm			
8 classes \$120R/\$132N						
60765	Tu/Th	1/5-1/28	4:45-5:45pm			

Ages 7-10

Muay Thai for Kids

Muay Thai for kids is a fun and challenging class where your child will learn how to properly defend him/herself. The children will learn the proper stance, movements and techniques for kicking, punching and defending, while having a great time. We will use heavy bags, pads and mitts for the training. Boxing gloves, hand wraps and shinguards with instep are required for first class and are available on site for sale.

Crispim BJJ Studio | Instructor: Crispim De Almeida

12 clas	ses \$14	9R/\$164N	
60734	M/W	9/14-10/21	4:00-4:45pm
60735	M/W	11/2-12/16*	4:00-4:45pm

^{*}No classes 11/11, 11/25

Ages 6-14

Skateboard Class

Skateboarding is becoming an integrated part of the community and public parks, with an increasing need for teaching skateboarding fundamentals and etiquette in a fun and safe environment. Here at the Rob Skate Academy we offer just that. We are an organization that is geared towards beginner skaters but offer training for all levels including the most advanced. You may find out more at www.rob-skate.com!

Ken Mercer Sports Park | Instructor: Rob Skate Staff

Ken Mercer Sports Falk Instructor. Nob Skate Stair					
4 classes \$179R/\$197N					
61072	Sa	9/19-10/10	Noon-1:15pm		

Special Interest

Ages 6-12

Albany Karate for Kids

Black-Belt Instructor Sensei Dara leads this successful program to develop self-confidence and skill in young people. Students learn Tae Kwon Do, Japanese weapons, and Self-Defense in a positive and fun, nonaggressive class. Students may participate in Belt Tests & tournaments, and family and friends are invited to watch!

Cultural Arts Building | Instructor: Sensei Dara

White Belts

17 classes \$255R/\$281N						
60978	F	9/4-1/29	3:45-4:20pm			
Yellow + Belts						
17 classes \$255R/\$281N						
60979	F	9/4-1/29	4:20-5:20pm			

*No class 11/6, 11/20, 11/27, 12/25, 1/1

Ages 6-12 Berkeley Chess School

Chess is fun and easy to learn! If you are new to chess or polishing your skills, come develop your understanding and enjoyment of the king of games! Lessons and play combine the skills of thinking with the thrill of sport. Berkeley Chess School has been teaching State Chess Champions since 1982. Veterans Memorial Building | Instructor: Berkeley Chess School

8 classes \$144R/\$159N				
60972	W	9/16-11/4	3:30-4:30pm	

Ages 8-12

Filmmaking: From Script to Premiere

Students will create an original story complete with story boards and script. Once the script is complete, students will work in groups to complete their movies. All students will complete a group movie by the end of the class.

Nature House | Instructor: Freshi Media Staff

8 classes \$135R/\$148N				
60973	W	1/20-3/9	3:30-4:45pm	



Ages 10-14

Kurukula Girls Empowerment

Kurukula is an award-winning empowerment program that develops inner-strength & confidence in young women. In a dynamic class of role-plays & fun games, girls learn practical assertiveness & self-defense skills for developing healthy relationships & handling middle school. All participants get a Kurukula T-shirt. \$45 supply fee due at time of registration. Learn more at: www.kurukula.org Cultural Arts Building | Instructor: Kurukula Staff

7 classes \$119R/\$131N				
61013	F	9/11-10/23	6:15-7:45pm	

Ages 8-12

Tech Builders—App Design

Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps.
Nature House | Instructor: Freshi Media Staff

Nature House Instructor: Freshi Media Staff					
8 classes \$135R/\$148N					
60967	Th	10/1-11/19	3:30-4:45pm		

Ages 8-12

Video Game Design for Beginners

Learn to create a unique and interactive video game! Beginning game developers work in pairs to conceive, design and build their own original computer game. Everything game created is original to the team, and students use creative and critical thinking to complete their games.

Nature House | Instructor: Freshi Media Staff

8 classes	\$135R	/\$148N	
60969	W	9/30-11/18	3:30-4:45pm
60971	Tu	1/19-3/8	3:30-4:45pm

PUBLIC SPEAKING & DEBATES

Visit www.bayareadebateclub.com for more information.

Ages 6-9

Building Confidence in Public Speaking

This course teaches the beginning building blocks of public speaking. Starting with being ready, practiced and focused, they learn the importance of body language and variation in their voices. Within the fun milieu of show and tell, storytelling and poetry recitals, the goal is for your child to start developing more confidence and skill in expressing themselves to a group.

Amador Recreation Center | Instructor: Bay Area Debate Club Staff

8 classes	\$160R	/\$176N	
60941	W	9/16-11/4	4:30-5:30pm

Ages 6-9

Introduction to Writing Speeches

This program leads young students to basic writing skills. They learn how to write speeches in six easy steps. They learn the importance of writing like they talk, making it personal and creating interesting openings and memorable finishes. Encouraging them to use props, stories, jokes and pictures, we make learning all of this easy and fun! They learn how to better structure their thoughts and express them with confidence.

Amador Recreation Center | Instructor: Bay Area Debate Club Staff

8 classes | \$160R/\$176N 60942 W 11/18-1/27 4:30-5:30pm *No class 11/25, 12/23, 12/30

Ages 6-10

Mindfulness for Students

Neuroscience reveals that mindfulness actually changes the structure of the brain, making life easier and more fulfilling. In this class, you will experince mindfulness techniques and learn the data that supports why they are so powerful.

Nature House | Instructor: Kathryn Tournat

mature me	ase mst	accor. nacin jii ioc	inat
6 class	es \$85	R/\$94N	
60957	Sa	9/5-10/10	9:30-10:30am

18 • School Age Children Phone: (925) 931-5340

Special Interest

Ages 5-12

Traditional Japanese Karate

Our family is dedicated to teaching a Traditional Japanese Karate style called Seito Shito Ryu with a focus on building confidence, living honorably, and learning effective self-defense. Classes are full of fun and challenging drills. This is not a 'Feeder Program'—the student can earn their internationally recognized Black Belt here. Our motto is: 'Persistence and Determination Alone are Omnipotent'. To learn more, please visit us at: www.daytimedragon.com. **Saturday classes held from 10am-11am.

Veterans Memorial Building | Instructor: Daniel Reddell Beginner/Intermediate

_	•		
3 classe	s \$27R	!/\$30N	
60364	М	9/5-9/28	5:15-6:00pm
4 classe	s \$36R	!/\$40N	
60365	M	10/5-10/26	5:15-6:00pm
60991	W	10/7-10/28	5:15-6:00pm
60992	W	11/4-11/25	5:15-6:00pm
60367	M	12/7-12/28	5:15-6:00pm
60993	W	12/9-12/30	5:15-6:00pm
60368	M/Sa	1/4-1/25	5:15-6:00pm
60994	W	1/6-1/27	5:15-6:00pm
5 classe	s \$45R	?/\$50N	
60990	W	9/2-9/30	5:15-6:00pm
60366	M	11/2-11/30	5:15-6:00pm

Intermediate/Advanced | Ages 8 and up

3 classe	s \$27R	!/\$30N	
60995	М	9/14-9/28	7:00-8:00pm
4 classe	s \$36R	t/\$40N	
60996	M	10/5-10/26	7:00-8:00pm
61001	W	10/7-10/28	7:00-8:00pm
61002	W	11/4-11/25	7:00-8:00pm
60998	M	12/7-12/28	7:00-8:00pm
61003	W	12/9-12/30	7:00-8:00pm
60999	M/Sa	1/4-1/25	7:00-8:00pm
61004	W	1/6-1/27	7:00-8:00pm
5 classe	s \$45R	2/\$50N	
61000	W	9/2-9/30	7:00-8:00pm
60997	M	11/2-11/30	7:00-8:00pm



Like us on Facebook: Pleasanton Community Services



Follow us on Instagram: Pleasantonfun

Ages 6-10

Phenomenal Physics

Gravity... inertia... centripetal force... who could ever imagine that an introduction to physics could be so much fun? We'll experience these awesome forces, learn about the atoms and molecules and build some cool devices! Take home something at the end of each class such as a Skyhawk plane, silly putty, and a drag racer.

Nature House | Instructor: Kate Merlone

8 classe	es \$17	7R/\$195N	
61073	Tu	9/29-11/17	4:00-5:00pm



Age 7-11 Eureka! The Inventors' Academy



Inventing means curiosity, practicality, necessity, cooperating and dreaming! Join us as we take students on a historical journey with a hands-on approach learning about some of the worlds' greatest inventors. We will put our heads together to imagine the future in space focusing on creating inventions to protect space ships from damaging space rays and designing a safety capsules for payloads returning from space. These are only a few examples...come discover and create! A \$15 supply fee is due at time of registration.

Nature House | Instructor: Kate Merlone

3 classe	es \$150	R/\$165N	
61077	M-W	11/23-11/25	9:00am-Noon



Ages 6.5-12
Fundamen

Fundamental of Creative Writing

Students will learn Lekha's time-tested methods to overcome writer's block while writing short stories & poems. Students will be introduced to a variety of fiction and nonfiction genres. They will progress into genre writing and learn the rules that drive character creation, setting, and plot for each genre. A \$10 supply fee is due at the time of registration. Cultural Arts Building | Instructor: Lekha Staff

Ages 6.5-9

8 classes \$149R/\$164N						
61079	Tu	9/15-11/3	4:15pm-5:15pm			
61080	Tu	11/17-1/19*	4:15pm-5:15pm			
*No class 12/22, 12/29						

Ages 9.5-12

8 classe	es \$14	49R/\$164N	
61081	Tu	9/15-11/3	5:30pm-6:30pm
61082	Tu	11/17-1/19*	5:30pm-6:30pm
*No class 1	12/22, 12	2/29	

Ages 7-9 Fundamentals

Fundamentals of Essay Writing

Students will write three-paragraph essays focusing on good introductory, body and concluding paragraphs, which is the preferred method in schools. They will learn to use topic sentences and transitional words as they write different types of essays. *A* \$10 supply fee is due at the time of registration.

Cultural Arts Building | Instructor: Lekha Staff

8 classes \$149R/\$164N						
61083	Th	9/17-11/5	4:15pm-5:15pm			
61084	Th	11/12-1/21*	4:15pm-5:15pm			

*No class 11/26, 12/24, 12/31



Ages 5-12

Championship Basketball Fall Instructional League

This program consists of 45 minutes of basketball skills training followed by 45 minutes of game play. Coach to participant ratio is 8 to 1. Each participant will get his/her own uniform. No prior basketball experience is required to participate.

Pleasanton Middle School Gym | Instructor: Mike Hansen

8 class	es \$20	05R/\$226N	
60640	Sa	9/12-10/31*	9:0

60640	Sa	9/12-10/31* 9:00-10:3	0am
60641	Sa	9/12-10/31* 10:45am-12:1	5pm
60642	Sa	9/12-10/31* 12:30-2:0	0pm

^{*10/3} class held at Harvest Park Middle School Gym

Ages 5-14

Championship Basketball





Fall and Winter Camps

Championship Basketball returns for its 16th year to the City of Pleasanton providing instruction for players of all skill levels. The camp is designed to emphasize fundamental skills such as ball handling, passing, dribbling, footwork, shooting, rebounding and defense. We also stress the importance of building teamwork, discipline, sportsmanship and enjoyment of the game.

Pleasanton Middle School Gym | Instructor: Mike Hansen

3 classes | \$135R/\$149N

60638	M-W	11/23-11/25 9:00am-2	2:00pm
60639	M-W	12/21-12/23 9:00am-2	2:00pm



Ages 6-12

Skyhawks Flag Football Camp



Through our skill of the day, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging of defensive positioning.

Camp ends with the Skyhawks Turkey Bowl.

Harvest Park Middle School | Instructor: Skyhawks Sports

3 classes	\$108R	/\$119N

60626 M-W 11/23-11/25 9:00am-Noon

Ages 6-12

Skyhawks Multi-Sport (Camp



These camps are tailored to each camper's age and skill level while teaching life lessons such as respect and teamwork. Athletes will learn the rules and essential skills of each sport (soccer, baseball, basketball, dodgeball and capture the flag).

Harvest Park Middle School | Instructor: Skyhawks Sports

3 classes | \$108R/\$119N

60630 M-W 11/23-11/25 9:00am-Noon

Ages 7-10

Kidz Love Soccer 2: Skillz & Scrimmages

Kids will enjoy advanced skill building: dribbling, passing, and shooting in a team play format. Each class will include scrimmages to develop positional play, teamwork and tactics as well as individual skill development. All levels are welcome to come enjoy the world's most poplar game! All participants receive a KLS jersey! Shin guards are required after the first meeting. Rainout Hotline: (888)372-5803 or www.kidzlovesoccer.com Bernal Community Park | Instructor: Kidz Love Soccer Staff

9 classes | \$120R/\$132N

60723	Tu	9/15-11/10	4:30-5:15pm
60724	F	9/18-11/13	4:25-5:10pm
60725	Sa	9/26-11/21	10:50-11:35am
60719	Sa	1/23-3/12	10:50-11:35am

Harvest Park Middle School T-ball Field at the corner of Northway and Valley Ave.

8 classe	es \$1:	LOR/\$121N	
60715	F	1/22-3/11	4:15-5:00pm

14th Annual Y2K! Youth Music Festival—Auditions

For all musicians ages 10-18
Young musicians, vocalists, bands, and ensembles are called to celebrate the music of 2000-2010 by auditioning with their favorite songs of that decade. Special consideration will be given to bands willing to back-up soloists if selected.

Y2K! Auditions by online submission only Wednesday, 11/4-Wednesday, 12/16

Y2K! Youth Music Festival performance: March 26, 2016 2:00pm Firehouse Arts Center

TRUE FUSION

For advanced musicians ages 10-18

Musicians and vocalists with strong musical skills are called to be part of a new breed of Youth Music Festival. Musicians will collaborate on cover songs and may even work together to create original music all with a World Music sound. Young artists auditioning for this opportunity must be able work well independently and with others. Vocalists and musicians from many different genres are encouraged to audition live.

True Fusion live auditions: Sa 11/7 1-5pm & Su 11/8 1-5pm

True Fusion Youth Music Festival performance:March 26, 2016 at 7:00pm
Firehouse Arts Center

For more on how to register for audition for both Y2K! and True <u>Fusion</u>, visit www.firehousearts.org/programs/teen-programs.

Ages 8-11

Club VIP Youth Beginner Volleyball

Come join a fun class where you will learn fundamental volleyball skills and meet new friends. Participants will be taught how to pass, set, serve, and spike in a fun atmosphere. Players will be grouped by age and experience.

Pleasanton Middle School Gym | Instructor: Ted Babu

4 classes \$55R/\$61N					
60643	М	9/14-10/5	6:00-7:00pm		
60644	М	10/12-11/2	6:00-7:00pm		
60645	М	11/16-12/14*	6:00-7:00pm		
60646	М	1/11-2/8**	6:00-7:00pm		

^{*}No class 11/23

^{**}No class 1/18

Teens



Come and see what the young musicians and singers have in store for you this year! It sure to be a fun and energy-filled Holiday Youth Musical Festival.

Saturday, November 28th 2:00pm

DIRECTOR: MARK DUNCANSON



Tickets: go to www.FirehouseArts.org or call 925-931-4848

™ Auditions! Ages 10-18

Online Audition Submissions: Wednesday 8/5 to Wednesday 8/26

Youth and teen musicians, vocalists, bands, and actors are encouraged to audition for this holiday-themed youth music festival. For more information on how to submit your web-based audition, visit www.firehousearts.org/programs/teen-programs.



Fridays & Saturdays, 3/6-3/19 • 7:30pm Saturdays & Sundays, 3/12-3/20 • 2pm

AUDITIONS!

Firehouse Arts Center Sunday, 1/10 & Tuesday, 1/12 4:00-8:00pm

See Page 14 for More Details

IMPROV FOR TEENS

Creatures of Impulse's award-winning teen Improv classes are designed to give participants a fun, age-appropriate, and professional experience in theatrical improvisation.

Ages 10-13

COI Middle School Phase I

Students in COI Phase I will learn the basics of improv including the Yes, and . . . principle, making their fellow improviser look good, building on the ideas of others, and letting go of one's own ego. Learning through scene work and improv games is the focus of this session.

Firehouse Arts Center | Instructor: Jeff Zavattero

3 classes | \$74R/\$82N 61023 F 11/6-11/20 4:00-6:00pm

Ages 10-14

COI Middle School Phase II

Prerequisites: COI Middle School Phase I or Pleasanton Teen Improv Camp. Students in Phase II will build on principles in Phase I and enhance their performance skills by adding space object work and using your where; both aspects help actors create places and things on stage without props and sets on stage. A short culminating in-class performance is scheduled for the last class.

Firehouse Arts Center | Instructor: Jeff Zavattero

4 classes | \$99R/\$109N 61026 W 1/13-2/3 4:00-6:00pm



A live improvised horror show! Creatures of Impulse, Teen Improv Troupe Best for Audiences age 14 and up

It's time for another year of **Nightmare**. Come and see the Bay Area's only improvised teen **horror** show. Every show is totally different and custom made for you! Join us for a special 9:00pm performance* of Nightmare on **Halloween** night!

*For audiences ages 14 and older

> Tuesday 10/27 | 7:30pm | Free Preview Thursday 10/29 | 7:30 Friday 10/30 | 7:30

Saturday 10/31 | 2:00pm & 9:00pm Firehouse Arts Center | Director: Mark Duncanson

Students: \$5 with valid student ID General: \$10

Tickets: www.FirehouseArts.org • 925-931-4848

Ages 14-18

Improv Horror Workshop

Learn what goes into performing an improvised horror show like Creatures of Impulse. Space object work, improvised narrative long-form, and horror genre work will be the focus of this workshop.

Firehouse Arts Center | Instructor: Mark Duncanson, Jeff Zavattero

1 class | \$30R/\$37N 61024 Sa 10/10 1:00-4:00pm

Registration Deadline Friday, September 25, 2015

The Pleasanton Youth Basketball (PYB) program is a recreational program for youth, grades 1-12 (as of Fall 2015). Participants will learn and improve their basketball skills, make new friends, and learn what it means to be part of a team. All skill levels welcome!

- · Pleasanton residents only.
- Registration fee is \$135. Includes a jersey, practice time, and program participation.
- Practices will be once a week in the evening beginning 11/2/15. Days and times are based on volunteer coach availability.
- Games begin 12/5/15 and times vary between 8:00am-9:00pm. Games are held on Saturdays at one of the three Pleasanton Middle School Gyms.

PYB Course Codes:

Boys	Code	Girls	Code
1st Grade	60771	1st Grade	60780
2nd Grade	60772	2nd Grade	60781
3rd Grade	60773	3rd Grade	60782
4th Grade	60774	4th Grade	60783
5th Grade	60775	5th Grade	60784
6th Grade	60776	6th Grade	60785
7th Grade	60777	7th Grade	60786
8th Grade	60778	8th Grade	60787
9-12th Grade	60779	9-12th Grade	60788

Team Assessment/Parent Meeting at Pleasanton Middle School, 5001 Case Avenue

Tuesda	ay, Septembe	er 22—Boys	Wedne	sday, September 23—Girls	Friday,	September 25—Boys
Grade	Last Name	Time	Grade	Time	5th	5:15-6:00pm
3rd	A-L	5:15-6:00pm	3rd	5:15-6:00pm	6th	6:05-6:55pm
3rd	M-Z	6:05-6:55pm	4th	6:05-6:55pm	7th	7:00-7:45pm
4th	A-L	7:00-7:45pm	5-6th	7:00-7:45pm	8th	7:50-8:35pm
4th	M-Z	7:50-8:35pm	7-8th	7:50-8:35pm	9-12th	8:40-9:25pm
			9-12th	8:40-9:25pm		

Saturday, September 26 (Make-up only)

1st and 2nd graders do	Grade	Gender	Time	Grade	Gender	Time
not need to attend a	3rd	Girls	9:00-9:45am	3rd	Boys	1:10-1:55pm
team assessment.	4th	Girls	9:50-10:35am	4th	Boys	2:00-2:45pm
Players will be contacted	5-6th	Girls	10:40-11:25am	5th	Boys	2:50-3:35pm
by their coach by	7-8th	Girls	11:30-12:15pm	6th	Boys	3:40-4:25pm
10/23/15.	9-12th	Girls	12:20pm-1:05pm	7-8th	Boys	4:30-5:15pm
				9-12th	Boys	5:20-6:05pm

PYB Game Schedule

All games played on Saturday
Game 1: Dec. 5* Game 5: Jan. 23
Game 2: Dec. 12 Game 6: Jan. 30
Game 3: Jan. 9 Game 7: Feb. 6
Game 4: Jan. 16 Game 8: Feb. 20
Game 9: Feb. 27*

*Half the teams will play on 12/5. Those not playing on 12/5 will play their last game on 2/27.

PYB Practice Schedule (weeks of)

Practice 1: Nov. 2
Practice 2: Nov. 9
Practice 2: Nov. 9
Practice 3: Nov. 16
Practice 4: Nov. 30
Practice 5: Dec. 7
Practice 6: Dec. 14
Practice 7: Jan. 4
Practice 12: Feb. 1
Practice 13: Feb. 15
Practice 7: Jan. 4

Referees NEEDED! Need some work experience? Want some extra cash? PYB offers job opportunities to work in the City's largest youth sports program. Come be a part of our awesome team and gain some great work experience. If you are interested, please fill out an application on-line at www.cityofpleasantonca.gov/gov/depts/hr

^{*}Practice schedule is subject to change based on gym/coach availability.

PLEASANTON YOUTH BASKETBALL (PYB) Volunteer as a head coach and your child plays for FREE!

If you are interested in coaching a team and helping youth in the community, sign up to be a PYB volunteer coach! This year a head coach's child plays for FREE (registration fee will be refunded at the end of the PYB program). All head coaches' applications must be submitted by September 25, 2015 in order to play for free. Applications can be found on www.pleasantonsports.org, click on "Youth Sports" and then the "Volunteer Coach Application" link.

If you are considering coaching, but are unsure that you have the skills, please come to one of our informational nights (Tuesday, 9/15 or Thursday, 9/17 from 7-8pm at the Ken Mercer Sports Park Office) and find out how we will support you as a coach throughout the program. Prior to games beginning, we will offer coaching clinics that teach the fundamentals of basketball and how to run an effective practice.

Volunteer coaches are critical to the success of the PYB program. The commitment is 2 hours per week. Practices are held one night per week based on volunteer coach availability and Saturday games. Your child will be placed on your team.

Please send the completed application to the Community Services Department, ATTN: PYB, P.O. Box 520, Pleasanton, CA 94566, email pleasantonsports@cityofpleasantonca.gov, or fax (925) 931-5477. For additional information, please contact the Sports Park office at (925) 931-3437.

PYB Mail-in Registration Form Only

> Registration Deadline 9/25/2015 <

	• •
Course Code(See Codes on Previous page)	
Participant Last Name P	articipant First Name
Parent/Guardian Email	
Address City	Zip Code
Height Weight Sex G	rade (Fall 2015)
School Attending	Best number in case of emergency
Jersey Size (Check One) YSYMYLASAM	AL AXL
Describe any prior basketball experience (i.e. played PYB, CYO and/or scho	ool team)
Notes/Comments	
Are you interested in becoming a PYB head coach? If yes, please provide y	our name, phone number, and email.
Name Phone number	Email
I, (we) parent/s or legal guardian/s of the above named child do hereby ag Basketball (PYB) program.	gree and consent to his/her participation in City of Pleasanton's Youth
Parent / Guardian Signature	Date Signed
Mail this form to: Community Services Department: ATTN: PYB, P.O. Box 52	20, Pleasanton, CA 94566
If paying by check, make check payable to: City of Pleasanton Total Amo	unt of Check \$
Check one: Visa MasterCard Card Number	
Card Holder Signature	Date Signed



Ages 10-15

FRIDAY TEEN HAPPY HOUR

Come hang with your friends at Lion's Wayside Park every Friday during the school year from 3:30pm-4:30pm. We'll have music, snacks, games, and friends. What more do you need to get ready for the weekend? Lion's Wayside Park

14 classes | FREE

60897 F 9/11-12/11 3:30-4:30pm

3v3 Soccer Tourney

Grab 2 friends and sign up for our 3v3 co-ed soccer tournament. Totally free. We'll have the tunes and other games going. Just a fun, casual tournament. Prizes for most creative team name, best uniforms and best pre-game chant.

Lion's Wayside Park

1 class | FREE

60898 F 9/25 3:30-4:30pm

Cornhole Tournament

The Friday Happy Hour Cornhole Tournament is going down. Grab a partner and see if you can stand at the top of the mountain. Prizes for winners and all sorts of other nonsensical categories.

Lion's Wayside Park

1 class	FREE		
60899	F	11/6	3:30-4:30pm

Ultimate Frisbee

We will be playing a big game of Ultimate Frisbee. Bring all of your disc tossing skills with you. This could get intense, bring water. Lion's Wayside Park

1 class | FREE

60900 F 12/4 3:30-4:30pm

EXERCISE & WELLNESS

Ages 11-14

Functional Fitness for Teen

Teens will have fun while staying healthy, improving their speed, agility, strength, and conditioning.

Crispim BJJ Studio | Instructor: Crispim De Almeida

12 classes | \$109R/\$120N

60754 M/W 9/14-10/21 5:00-5:45pm **60755** M/W 11/2-12/16* 5:00-5:45pm

*No classes 11/11, 11/25

Ages 11-14

Muay Thai for Teens

Muay Thai for teens is a fun and challenging class where your child will learn how to properly defend him/herself. The children will learn the proper stance, movements and techniques for kicking, punching and defending, while having a great time. We will use heavy bags, pads and mitts for the training. Boxing gloves, hand wraps and shinguards with instep are required for first class and are available on site for sale.

Crispim BJJ Studio | Instructor: Crispim De Almeida

12 6	laccac	¢1/0D	/\$164N
12 C	lasses	2T42K	/ \$ 104N

60736	M/W	9/14-10/21	4:45-5:30pm
60737	M/W	11/2-12/16*	4:45-5:30pm

*No class 11/11, 11/25

SPECIAL INTEREST

Ages 12-17

Teen Leadership Conference

Join us for this one day event. Hear from a dynamic keynote speaker, learn and practice leadership through hands on workshops and breakout discussions and gain confidence through presenting the days findings and outcomes of your discussions. Lunch and post conference mixer at a local downtown restaurant from 3:30pm-5:00pm are included. Veterans Memorial Building | Instructor: City Staff

1 class | \$40R/\$44N

60857 Sa 11/14 8:30am-5:00pm

Ages 9-13

Urban Performing Break-Dance & Hip Hop

Come join the fun and learn the latest break dance and hip hop moves like spins & power freezes. Students will learn to count music and dance a choreographed routine, all while developing their own style. Age appropriate music is carefully selected from current hits. Amador Recreation Center | Instructor: Kenyatta Ali

13 classes | \$228R/\$251N

60936 Sa 10/10-1/30* 11:00am-Noon

*No class 11/7, 11/28, 12/26, 1/2

Ages 10-14

Babysitting for Beginners

Learn the skills needed to be a trusted and responsible babysitter. Learn all about child development, bedtime strategies, discipline, how to get jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety and what to do in an emergency will also be covered. Students should bring a snack, lunch and water bottle.

Nature House | Instructor: Suzy McCreary

1 class | \$49D/\$53N

1 class	\$48K/:)53N	
60686	Su	10/25	9:00am-2:30pm
60687	Su	2/7	9:00am-2:30pm



PUBLIC SPEAKING & DEBATES

Amador Recreation Center | Instructor: Bay Area Debate Club Staff

Ages 10-14

Level 1—Public Speaking with Confidence and Essentials of Debating

This combo class is an excellent course to take, as it not only focuses on teaching delivery and presentation skills but also provides foundation of critical thinking and essentials of debating. With a lot of thought-provoking and stimulating topics and exciting activities to write and speak, students learn how to manage public speaking anxiety, present themselves with confidence, how to make strong arguments by providing reasoning and evidence. It improves their confidence, communication and general knowledge. To know more visit www.bayareadebateclub.com

8 classes | \$160R/\$176N

60943 W 9/16-11/4 5:30-6:30pm

Ages 10-14

Level 2—Advanced Public Speaking and Speech Writing and Debates

This combo class is an excellent course to take, as it prepares students on both aspects of public speaking and debates. The aim for this class is to have each participant write a well-structured and engaging speech. The participants debate on a variety of their age appropriate topics in various formats. It improves studentsí general knowledge on various current affairs topics as they debate and understand both sides of the topic. The students love to debate! To know more, visit www.bayareadebateclub.com.

8 classes | \$160R/\$176N

60944 W 11/18-1/27* 5:30-6:30pm

*No class 11/25, 12/23, 12/30

Ages 13-17

Fundamentals of Creative Writing

Students will learn Lekha's time-tested methods to overcome writer's block while writing short stories, poems, and short skits. Students will be introduced to a variety of fiction and nonfiction genres. They will progress into genre writing and learn how each genre has its own set of particular rules that drives character creation, setting, and plot. A \$15 supply fee is due at time of registration. Nature House | Instructor: Lekha Staff

3 classes | \$160R/\$176N

61078 M-W 12/28-12/30 9:30am-12:30pm

Ages 12-17

Leader in Training (LIT) Fall Session

Gain valuable work experience and leadership skills with the City of Pleasanton! Join us this fall and assist with day to day operations or work on a quarter long project that contributes to your community. Times and days vary with program assignment and student availability. Please contact David Weisgerber at dweisgerber@cityofpleasantonca.gov or by calling (925) 931-3474, for more information. Amador Recreation Center | Instructor: City Staff

20 classes | \$165R/\$181N

60858 Tu/Th 9/15-11/19 3:30-5:00pm

Grades 9-12

Expressive Writing for Students

Students will learn expressive writing skills while being provided with an outlet to express typical emotional experiences of a teenager in a safe and confidential environment.

Nature House | Instructor: Kathryn Tournat

6 classes | \$90R/\$99N

60947 Sa 9/5-10/10 5:00-6:00pm

Ages 10-17

Mindfulness for Teens

Neuroscience reveals that mindfulness actually changes the structure of the brain, making life easier and more fulfilling. In this class, you will experince mindfulness techniques and learn the data that supports why they are so powerful.

Nature House | Instructor: Kathryn Tournat

Grades 6-8

6 classes | \$85R/\$94N

60958 Sa 9/5-10/10 11:00am-Noon

Grades 9-12

6 classes | \$85R/\$94N

60959 Sa 9/5-10/10 1:00-2:00pm

THE ARTS

Ages 12-17

Youth Wheel Throwing

All levels welcome, no experience required. Class will cover basic throwing skills. *A \$45 supply fee is due at the time of registration*. Cultural Arts Building | Instructor: Erin Davis

6 classes	\$12	6R/\$139N	
60692	М	9/14-10/19	4:00-6:00pm
60693	М	10/26-12/7*	4:00-6:00pm
60694	М	1/11-2/22*	4:00-6:00pm

*No class 11/23, 1/18

Ages 14-18

Firehouse Young Artist Collective

The Firehouse Young Artist Collective is for all high school teens who share a unified passion for the visual and performing arts. Participants in this group will earn volunteer hours in the arts and support youth and teen arts programs with the City of Pleasanton. Members in The Collective will also go on fieldtrips and plan arts activities throughout the school year. Firehouse Arts Center | Instructor: Mark Duncanson

39 classes | \$70R/\$77N

61047 W 9/23-6/15 6:00-7:30pm

Ages 11-17

Teen Music Collaboration Clinic 1

Brought to you by The Firehouse Young Artist Collective, this clinic is for experienced musicians and vocalists interested in collaborating with other teen musicians. Participants in this clinic will be given 1-2 cover songs to rehearse and add their own unique twist as a group.

This a process-based clinic designed for experienced musicians. A keyboard and drum kit will be provided; all other instruments/amps must be provided by participants.

Firehouse Arts Center | Instructor: Mark Duncanson

1 class | \$40R/\$47N/\$20—Collective Members 61046 Sa 12/12 10:00am-2:00pm



HOLIDAY OL Zone SHORTS: OL Zone

Your suggestions will inspire holiday themed games, scenes, and improv fun in the first act. The audience will then vote for which short scene Creatures of Impulse will make into an entire improvised "play" in the second act.

Wed 12/2 | Free Preview Thu 12/3 | Fri 12/4 7:30pm

\$5 with valid student ID \$10 General

For tickets, visit www.firehousearts.org or (925) 931-4848

Meet our new Naturalist!

Ashley Zubrik earned her degree in Geoscience Education from Humboldt State University and has been working in the field of Environmental Education and Interpretation for the past 6 years. Formerly a Naturalist for the East Bay Regional Park District as well as the City of Berkeley, Ashley is excited to start off her career at the Alviso Adobe Community Park with Ridge Runners this summer. She spends her free time hiking the hills of the East Bay and performing in local community theater.



3465 Old Foothill Road, Pleasanton, CA 94588 alvisoadobe@cityofpleasantonca.gov Wednesday–Sunday, 10:00am-4:00pm

CONTACT US

Ashley Zubrik, Naturalist azubrik@cityofpleasantonca.gov
Natalie Croak, Assistant Naturalist ncroak@cityofpleasantonca.gov
Lisa Fiorio, Program Coordinator lfiorio@cityofpleasantonca.gov
Camelia Verduzco, Marketing Coordinator cverduzco@cityofpleasantonca.gov

Visit our website: www.pleasantonadobe.com Office Line: 931-3479

Weekend Programs



Ages 5-12
Apple Pressing

You haven't had apple juice until you've had it fresh from a cider press! Learn about cider presses, and help concoct fresh apple juice. Alviso Adobe Community Park | Instructor: Env. Ed. Staff

1 class | \$5R/\$8N

61071 Sa 9/12 11:00am-Noon

Ages 16 and up

Nature Photography Hike

Join Alviso Adobe staff and docent Rick Case as they lead you on a photographic journey. This class teaches landscape and outdoor macro photography for beginners and intermediate photographers. Participants will learn about the native plants and animals of Pleasanton. DSLR cameras are recommended but not required.

Alviso Adobe Community Park | Instructor: Env. Ed. Staff

1 class | \$3R/\$6N

60880 Sa 9/26 7:30-9:30am

Ages 5-10 **Campfire Date Night**

Parents, don't you need a date night? Bring your children to Alviso Adobe while you enjoy a night out. We will entertain your children with dinner and a variety of activities including star gazing, campfire stories, and crafts. Alviso Adobe Community Park | Instructor: Env. Ed. Staff

1 class | \$25R/\$28N

60881 F 10/16 5:30-9:00pm



Ages 5-12

Pumpkin Carving Family Fun

Create a bit 'o Halloween chill or thrill at our 6th annual Pumpkin Carving Party. The pumpkins will be there, the tools will too; we've got some great ideas, how about you? Alviso Adobe Community Park | Instructor: Env. Ed. Staff

1 class | \$8R/\$11N

60848 Sa 10/24 11:00am-Noon



Ages 6-12

Tortilla Making Family Fun

Homemade tortillas are even more delicious than what you can buy at the store. Learn how to make corn tortillas from scratch and enjoy some tasty creations!

Alviso Adobe Community Park | Instructor: Env. Ed. Staff

1 class | \$5R/\$8N

60882 Sa 11/7 11:00am-Noon

Ages 4-12

Butter Making Family Fun

Where does butter come from? Our friend the dairy cow, of course! In this program, we'll trace a day in the life of a cow at the Meadowlark Dairy and make some butter to enjoy. Alviso Adobe Community Park | Instructor: Env. Ed. Staff

| 1 class | \$5R/\$8N

60842 Sa 11/14 11:00am-Noon





Follow us on Instagram: Fionapleasanton

26 • Natural World Phone: **(925) 931-3479**

Weekend Programs

Ages 5-11

National Audubon Society's Winter Bird Count

Join us as we get a beak-full of information about our fine feathered friends. We will gain knowledge of the tools and skills needed to view our local feathered residents as we participate in the Audubon's winter bird count. Dress with the weather in mind.

Alviso Adobe Community Park | Instructor: Env. Ed. Staff

1 0	300	\$3R	CCNI
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60846 Sa 1/16 11:00am-Noon

Ages 4-12

California Newt Festival

Family Fun

Who newt they were here in Pleasanton? Come explore the forest with our naturalist and discover the life of these wonderful amphibians; learn about their habits, what they eat and who is trying to eat them. Dress with the weather in mind; boots and rain gear might be wise.

Augustin Bernal Park | Instructor: Env. Ed. Staff

1 class | \$8R/\$11N

0856 Sa 1/9 2:00-4:00pm

Ages 5-11

Worm Farm

Come explore the world of worms and learn why worms are a very important part of the ecosystem. Create a worm farm with your family and recycle your organic waste together, right in your backyard!

Alviso Adobe Community Park | Instructor: Env. Ed. Staff

L class | \$5R/\$8N

60847 Sa 1/30 11:00am-Noon

Winter Nature Day Camp!



Wittles {Ages 4-6}

Monday, December 21-Wednesday, December 23

9:00am-1:00pm Course Code: 60874 Price: \$95R/ \$105N

Ridge Runners (Ages 7-11)

Monday, December 28–Wednesday, December 30 9:00am-3:00pm

> Course Code: 60876 Price: \$116R/\$128N

Advanced {Ages 12-15}

Monday, December 28-Wednesday, December 30 9:00am-3:00pm

Course Code: 60875 Price: \$116R/\$128N



Come out to the Alviso Adobe Community Park for some winter fun! Campers will learn all about nature with some very cool history added. This camp is going to be the place to chill without the brrr of winter. Crafts, skills and games will keep you warm and toasty! Alviso Adobe Community Park | Instructor: Env. Ed. Staff

Calendar of Events

September 2015

12 FRIDAY

Apple Pressing 11:00am-Noon

26
SATURDAY

Nature Photography Hike 7:30-9:30am

November 2015

7SATURDAY

Tortilla Making 11:00am-Noon

14 SATURDAY

Butter Making 11:00am-Noon

October 2015

10

Fall Festival 11:00am-3:00pm

16 FRIDAY

Campfire Date Night 5:30-9:00pm

24

Pumpkin Carving 11:00am-Noon

30 FRIDAY Halloween Event 6:30-7:30pm 7:00-8:00pm

December 2015

19
SATURDAY

Winter Faire 10:00am-Noon

January 2016

9 SATURDAY California Newt Festival 2:00-4:00pm

16
SATURDAY

National Audubon Society's Wild Bird Count 11:00am-Noon

30 SATURDAY

Worm Farm 11:00am-Noon

SPECIAL EVENTS AT THE ALVISO ADOBE

Join us at the Alviso Adobe for special events throughout the year! Classes noted (Family Fun) are intended for the entire family and parents are FREE! Pre-registration is required.

Ages 4-12 Halloween at Alviso Adobe

Family Fun

Come to the Alviso Adobe for a spooky night! We'll take you on a tour of our nature haunted house led by the Naturalist. Participants will also enjoy Halloween face painting, craft making, And, yes, there will be treats!

Alviso Adobe Community Park | Instructor: Env. Ed. Staff

1 class | \$8R/\$11N

60849	F	10/30	6:30-7:30pm
60850	F	10/30	7:00-8:00pm

Ages 4 and up

Alviso Adobe Winter Faire

Family Fun

Celebrate Winter and the holiday season at the Alviso Adobe Winter Faire! Create natural holiday wreaths and old-fashioned ornaments, make holiday gifts for family and friends, and decorate the park with winter treats for the animals. There will also be an opportunity to have your picture taken with SANTA! Light refreshments will be provided.

Alviso Adobe Community Park | Instructor: Env. Ed. Staff

1 class | \$15R/\$18N

60852 Sa 12/19 10:00am-Noon

🚁 🗰 Fall Festival



Saturday October 10, 2015 11:00am — 3:00pm

Join us for our 2nd annual Fall
Festival featuring
activity stations, live music, and
entertainment at Alviso Adobe Community Park!







28 • Natural World Phone: (925) 931-3479

Recreation for Adults with Developmental Disabilities

Men & Women 15 years & Older



Registration Form—Fall/Winter 2015-2016

Instructions: To register, put an "X" in the box next to the activity then add up all the fee amounts for a total fee. Write a check to the "City of Pleasanton" or pay by VISA or MASTERCARD. You will receive a receipt in the mail confirming that you have been registered or waitlisted for the activities you selected.

- Preregistration is required for all activities—"drop-ins" are not allowed.
- If you cannot pay all of the activity fees at one time, please contact Julie at 931-5374 to discuss a payment plan or to determine eligibility for a scholarship.
- All new participants must fill out a RADD Code of Conduct Sheet and a Participant Information Packet and Consent for Administration of Medications. You can access these forms online at, www.cityofpleasantonca.gov, click on Community Services, on left of page click on Seniors, RADD, Paratransit, click on Adapted Programs—RADD, once on this page, there is a separate link for each of the forms, or call the front office at (925) 931-5365 to receive copies of forms. Sign ALL signature lines (we cannot process registration without waiver signed).

Mail Registration Form to: RADD, C/O Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton, CA 94566

- Registration Form to: (925) 485-3685
- 1 = low: sitting, some standing or walking, i.e. walking 1 block
- **2** = low/moderate, i.e. walking the equivalent of 4 blocks
- **3** = moderate, i.e. combination of low and high impact
- 4 = moderate/high, i.e. walking the equivalent of 7 blocks
- 5 = high, i.e. walking the equivalent of 10 + blocks



Ages 15 and up

R.A.D.D. Tennis & Table Tennis

Recreational tennis and table tennis for adults with developmental disabilities. Training balls will be used and rules modified to adapt to skill level.

Location: Pleasanton Tennis Park **Instructor:** Lifetime Tennis Staff | 4:1 ratio

14 Weeks \$117R/\$129N							
G 60592	Tu	9/15-12/15	3:30-4:15pm				
G 60593	Tu	1/5-4/5	3:30-4:15pm				

R.A.D.D. Table Tennis

14 Weeks	\$117	R/\$129N	
G 60595	Tu	1/5-4/5	2:45-3:30pm

R.A.D.D. Registration Form

Please include both pages! Total F	ee Amount \$				
Name of RADD Participant			Address		
City	Zip	Ph. (home)		Ph. (business)	
Check #:	Amount \$		_		
Credit Card #		_VISA / MASTERCARD E	xpiration Date	Amount \$	
Signature:					

Waiver: My (My child's) participation in this activity is voluntary. I am (My child is) physically fit to participate in this activity. I understand that this activity involves risks and that serious injuries could occur while I am (my child is) participating in this activity. In addition, if transportation is provided by City during the activity, serious injuries could occur. Knowing these risks, I want (my child) to participate in this activity. I (on behalf of my child) hereby assume the risk, and hereby waive, release and discharge the City of Pleasanton, its Council, officials, employees, volunteers, instructors, agents, sponsors and promoters of this activity, from any and all claims for damages for personal injuries or death, or claims for damages to property, which I (my child) or my (child's) heirs, assigns, executors or administrators may have or which may accrue to my (child's) participation in this activity, including transportation provided during the activity as applicable. I have read the above and understand that important legal rights are being waived.

I consent to the City's use of any photographs that are taken of me (my child) while participating in the City's programs for use in the City's promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs.

If you do not want you or your child(ren) photographed or videotaped while participating in a City recreation class or activity for the use in City publications, please contact the Community Services office at (925) 931-5340, to request an "Opt Out of Photo" form to be completed at least two weeks prior to the start of you or your child(s) class. Sign ALL signature lines (we cannot process registration without waiver signature)

Person Responsible for the Account		
Participant/Guardian Signature	Date	
(Signature required to participate)		

Phone: (925) 931-5373 **RADD • 29**

R.A.D.D. Activities

Ages 15 and up
RADD—Activities
and Trips
Fall '15/Winter '16

A variety of activities and trips are planned each quarter including local excursions such as pizza and bowling and dinner and a movie as well as excursions to destinations such as the Aquarium of the Bay and the Oakland Coliseum. To register, mark an "X" in the box

next to each activity; then, add up all the fee amounts for a total fee. Fill out the registration form on the reverse side and mail or fax both pages to the address or fax number provided.

Level	Code	Activity	Date/Time/Notes	Meeting Location	Fee
1	60571	Dinner and a Movie	F, 9/11, 6:00-10:00pm. Includes movie ticket, entrée, beverage, tip and tax	Drop off: On the Border Restaurant. Pick up: West side of Regal Cinemas in Dublin	\$36
□1	60587	Western Dance	F, 9/18, 7:00-10:00pm Includes DJ, dancing and light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
□5	60576	A's Game and Tailgate Party	Sa, 9/26, 10:30am-5:30pm. Includes game ticket, transportation, lunch and beverage. Bring extra money for snack. Expect a full day of sun.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$35
□4	60574	Fall Stargazing at Alviso Adobe	F, 10/2, 7:00-9:00pm. Includes dessert and viewing through telescopes led by members of the Tri-Valley Stargazers. Wear warm layers, prepare for rain.	Alviso Adobe Community Park, 3465 Old Foothill Road, Pleasanton	\$16
□1	60578	Halloween Movie & Pumpkin Decorating	F, 10/9, 5:30-8:30pm. Includes dinner, pumpkin and movie.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
□2	60584	Breakfast Club	Sa, 10/17, 8:30-10:30am. Includes entrée, beverage, tip and tax. Bring money for Farmers Market.	Vic's All Star Kitchen, 201 Main Street, #A, Pleasanton	\$17
□1	60573	Wii and Dessert	F, 10/23, 6:30-9:30pm. Includes dessert, beverage and Wii	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$13
□1	60588	Halloween Dance	F, 10/30, 7:00-10:00pm. Includes DJ, dancing and a light snack.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
□ 3	60572	Bowling & Dinner	Sa, 11/7, 5:30–9:30pm. Includes bowling, shoe rental, dinner and a beverage.	Drop off/pick up Earl Anthony's Dublin Bowl, 6750 Regional St., Dublin	\$25
□1	60583	Dining Out at Eddie Papa's	F, 11/13, 6:00-8:00pm. Includes entrée, beverage, tax and tip.	Drop off and Pick up: Eddie Papa's Restaurant, 4889 Hopyard Road, Pleasanton	\$26
□3	60582	Target Holiday Shopping Day	Sa, 11/21, 11:00am-3:00pm. Includes lunch, beverage and transportation. Bring your holiday shopping list and money.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
□1	60577	Hometown Holiday Parade	Sa, 12/5, 3:00-6:30pm Includes pizza, beverage, decorations and bus ride.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
□1	60589	Winter Ball	F, 12/11, 6:00-10:00pm. Includes catered dinner, DJ, dancing and dessert.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$17
□1	60580	Movie Night	F, 12/18, 5:00-9:00pm. Includes pizza, holiday movie and craft/gift.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
□1	60590	Lunch at Black Bear Diner	Sa, 1/9 11:30am-1:00pm. Includes lunch, beverage, tax and tip.	Black Bear Diner, 5100 Hopyard Road, Pleasanton	\$18
□5	60591	Breakfast and Walking	Sa, 1/16, 8:30-11:30am. Includes entrée, beverage, tax, tip and a walk around the Sports Park. Bring jacket and umbrella in case of rain.	Bill's Café, 3015 Hopyard Road, Pleasanton	\$17
□1	60581	Bingo and Dinner	F, 1/22, 6:00–8:00pm. Includes dinner, beverage, bingo and prizes.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16
□5	60579	A Day at the Oakland Zoo	Sa, 1/30, 10:30am-3:30pm. Includes box lunch, beverage, transportation and entrance into the zoo. Bring rain gear.	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$30
□ 1	60575	Super Bowl Party	Su, 2/7, 3:00-8:00pm. Includes game viewing, snacks, beverages, dinner and lots of fanfare. Come and support your team!	Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton	\$16

30 • RADD Phone: (925) 931-5373





4455 Black Avenue, Pleasanton | 931-3420 www.PleasantonAquaticCenter.com

Fall/Winter Office Hours

M/W/F 6:00am-1:00pm Tu/Th 11:30am-1:00pm M-Th 5:30-8:00pm Sa/Su/Holidays 8:00-11:00am

Holiday Hours: 9/7, 11/11, 11/26, 11/27,

12/24, 12/31, 1/1, 1/18

Office Closed: 8/31-9/4, 11/6-11/8, 12/25

Pool Closure

The Dolores Bengtson Aquatic Center will be closed to all programs for annual maintenance 8/31-9/4.

Fall Recreational Swim

Sa/Su	9/5-9/27	1:00pm — 5:00pm				
Holiday	9/7	2:00pm - 6:00pm				
*Pool space and amenities may be restricted due to swim						
team pract	ices.					

Fees	Single	Punch Pass (15
Adult (18+)	\$4	\$52R/\$57N
Youth (-17)/Senior (60-	⊦) \$3.50	\$46R/\$51N
Spectator/Preschool	\$3	\$36R/\$39N

Lap Swimming for Fitness

Experience the amazing health benefits of lap swimming in our 50-meter pool (heated, year round). All ages are welcome; however, swimmers must be able to swim the width of the pool without stopping. Lanes may be assigned, and space sharing is required. Spectator fees apply to all who plan to watch from within the aquatic facility. Personal coaching is prohibited.

Morning M/W/F 6:00-10:00am Mid-day M-F 11:30am-1:00pm Evening M-Th 5:30-8:00pm Weekends/Holidays 8:00-11:00am

Holiday Hours: 9/7, 11/11, 11/26, 11/27,

12/24, 12/31, 1/1, 1/18

No Programs: 8/31-9/4, 11/6-11/8, 12/25

Fees Single | Punch Pass (15) Adult (18+) \$4 | \$52R/\$57N

Youth (-17)/Senior (60+)/Spectator \$3.50 | \$46R/\$51N

Ages 16 and up

Fitness Water Exercise

Water exercise classes support the body and reduce risk of muscle or joint injury through the buoyancy of water and mitigation of gravity.

Single Visit Punch Pass (15)

\$7 \$93R/\$102N

*No class 8/31-9/4, 9/7, 11/6, 11/11, 11/25-11/27, 12/24-1/1, 1/18

Shallow Water Workout

A high intensity shallow-water aerobics class designed for intermediate to advance exercisers to strengthen and tone muscles and improve cardiovascular fitness. Includes interval, circuit and resistance training using hand buoys, elastic tubing and water woggles.

M/W/F 9:15-10:10am

Deep Water Workout

A challenging aerobic workout in deep water utilizing interval and resistance training to develop cardiovascular fitness, muscle, strength, endurance and flexibility. Note: this class is held in deep water and although buoyancy equipment is worn, participants should feel comfortable in deep water.

M/W/F 6:00-6:55am or 7:45-8:40am

M-Th 5:30-6:30pm



Special Events

All Ages

Floating Pumpkin Patch

Join us for Pleasanton's firstever 'floating' pumpkin patch! Enjoy games, pumpkin decorating, and pumpkin-splashingfun for all ages! Costumes are encouraged. Dolores Bengtson Aquatic Center

\$12.00 General Admission (includes a pumpkin to take home)

\$3.50 Spectator (applies to those not dressed to swim, and must remain in the spectator area)

60878 Sa 10/24 1:00-4:00pm

All Ages

Pleasanton's New Year Polar Bear Plunge

Be one of the first in 2016 to plunge down the corkscrew slide into chilly waters! Then, quickly warm-up in the heated recreational pool.

Dolores Bengtson Aquatic Center

\$10.00 General Admission (includes hot cocoa & cookies)

\$3.50 Spectator (applies to those not dressed to swim, and must remain in the spectator area)

60879 Sa 1/2 9:00-11:00am



Learn-to-Swim

The American Red Cross Learn-to-Swim program offers swimming lessons for youth ages $3^{1}/2$ and up. The bullet points below summarize the skills taught at each level and should be used to help determine the most appropriate placement for your child. Class dates and times are listed in the subsequent pages. Adult/teen, and private/semi-private classes are also available. All Learn-to-Swim classes are held at the Dolores Bengtson Aquatic Center and are taught by American Red Cross Certified Water Safety Instructors.

Ages 3¹/₂-5 | Instructor/student ratio 1:5 **Preschool**—Level 1-3

Level 1

Skills may be performed with support:

- Enter and exit water using ramps, steps or side
- Blow bubbles for 3 seconds
- · Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 3 seconds
- Roll from front to back, and back to front
- · Arm and hand treading action
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

Level 2

Skills may be performed with assistance:

- Enter water by stepping in from deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Front float for 3 seconds, back float for 5 seconds
- Roll from front to back, and back to front
- Tread water using arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

Level 3

Skills performed independently:

- Jump in to shoulder-deep water
- Fully submerge and hold breath
- Bobbing, 10 times
- Rotary breathing
- Front and back glide with recovery to vertical position
- Floats front, jellyfish, and tuck for 10 seconds, each
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front and back
- Finning arm action on back

Ages 6 & up | Instructor/student ratio 1:6 Beginner—Level 1-3

Level 1

Skills may be performed with assistance:

- Enter/exit water using ramps, steps or side
- Blow bubbles for 3 seconds
- · Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front and back glide with recovery to vertical position
- Back float for 5 seconds
- · Roll from front to back, and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg action and arm action on front and back
- Combined arm and leg actions on front and back

Level 2

Skills performed independently:

- Step or jump from side into shoulderdeep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Font, jellyfish and tuck floats for 10 secs
- Front and back glide with recovery to vertical position
- Back float for 15 seconds
- · Roll from front to back, and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back
- · Finning arm action on back

Level 3

Skills performed independently:

- Jump into deep water from the side, submerge and return to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Front crawl, elementary backstroke for 15 yards
- Flutter, scissors, breaststroke, dolphin kicks

Ages 8 & up | Instructor/student ratio 1:8 Stroke Improvement—Level 4 Skills performed independently:

- Headfirst entry in compact and stride positions
- · Feet first surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute
- Front crawl, elementary backstroke 25 yards
- Breaststroke, back crawl, butterfly, sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

Stroke Refinement—Level 5

Instructor/student ratio 1:8

Skills performed independently:

- Shallow-angle dive into deep water
- Tuck surface dive and pike surface dive
- · Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- · Sculling for 30 seconds
- Front crawl, elementary backstroke for 50 yards
- Breaststroke, back crawl, butterfly, sidestroke for 25 yards
- Front flip turn and backstroke flip turn

Important notes regarding Learn-to-Swim Lessons

It is essential that each lesson is attended to receive the full benefit of the class. There are no make-up lessons or credits for missed classes. If the Community Services Department cancels a class or session, a credit will be issued to your account.



Weekday Cl at Dolores E Aquatic Cer	Bengtson	Session 1 9/8-9/29 Tu/Th 7 classes \$53R/\$58N	Session 2 9/9-9/30 M/W 7 classes \$53R/\$58N	Session 3 10/1-10/29 Tu/Th 9 classes \$68R/\$75N	Session 4 10/5-10/28 M/W 8 classes \$60R/\$66N
	1:00-1:30pm		60913		60921
_	1:30-2:00pm		60914		60924
Preschool	4:00-4:30pm		60915		60922
resc	5:00-5:30pm	60917		60925	
a	5:30-6:00pm		60916		60923
	6:00-6:30pm	60918		60926	
<u> -</u> ∞	4:00-4:30pm	60903		60909	
nner I 1–3	5:00-5:30pm		60901		60907
Beginner Level 1–3	5:30-6:00pm	60904		60910	
ш _	6:00-6:30pm		60902		60908
Str Imp Lvl 4	4:30-5:00pm	60892	60891	60894	60889
Str Ref Lvl 5	4:30-5:00pm	60884	60883	60887	60886

Saturday Classes at Dolores Bengtson Aquatic Center		Session 1 9/5-9/26 Sa 4 classes \$30R/\$33N	Session 2 10/3-10/31 Sa 5 classes \$38R/\$42N
Preschool	9:00-9:30am	60919	60927
Prescrioor	10:30-11:00an	n 60920	60928
Beginner	9:30-10:00am	60905	60911
Level 1–3	11:00-11:30an	n 60906	60912
Str Imp Lvl 4	10:00-10:30an	n 60893	60890
Str Ref Lvl 5	10:00-10:30an	n 60885	60888

Ages 6 and up

Private/Semi-Private Swim Lessons

We offer private and semi-private (limited to four students) swim lessons! To make a private lesson a semi-private lesson simply have the first student pay full price and each additional student pay the discounted price.

3 classes	\$99R/	\$109N \$50R	/\$55N for each add'l student
60960	M/W	9/9-9/16	6:30-7:00pm
4 classes	\$132R	/\$145N \$66	R/\$73N for each add'l student
60961	M/W	9/21-9/30	6:30-7:00pm
60962	M/W	10/5-10/14	6:30-7:00pm
60963	M/W	10/19-10/28	6:30-7:00pm



Swim Lessons & Lifeguarding

Ages 13 & up

Adult/Teen Swim Lessons

It's never too late to learn how to swim. Whether your goal is to conquer a fear of the water, learn proper technique, prepare for lap swimming or even competitive events—we can help you get there! Course emphasis is on individual skill improvement and endurance. Students are allowed to progress at their own pace with hands-on instruction and support provided by the instructor in a safe environment.

Dolores Bengtson Aquatic Center

4 classe	es \$32F	R/\$35N	
60952	Sa	9/5-9/26	11:30am-12:15pm
7 classe	s \$56F	R/\$62N	
60955	Tu/Th	9/8-9/29	6:30-7:15pm
60951	M/W	9/9-9/30	10:30-11:15am
9 classe	s \$72F	R/\$79N	
60956	Tu/Th	10/1-10/29	6:30-7:15pm
5 classe	s \$40F	R/\$44N	
60954	Sa	10/3-10/31	11:30am-12:15pm
8 classe	es \$64F	R/\$70N	
60953	M/W	10/5-10/28	10:30-11:15am

Ages 6-18

Competitive Stroke Swim Class

Competitive Stroke is designed with an emphasis on technique, stroke development, drills, and endurance-fitness swimming. Swimmers must be able to correctly swim 50 yards of butterfly, backstroke, breaststroke and freestyle.

Dolores Bengtson Aquatic Center

Ages 11-18

7 classe	s \$63R	/\$69N		
60867	M/W	9/9-9/30	5:45-6:30pm	
8 classe	s \$72R	/\$79N		
60869	M/W	10/5-10/28	5:45-6:30pm	
7 classe	s \$72R	/\$79N		
60873	M/W	1/4-1/27*	5:45-6:30pm	
7 classes \$72R/\$79N				
60871	M/W	11/2-11/30*	5:45-6:30pm	

Ages 6-10

7 class	es \$63F	R/\$69N			
60866	M/W	9/9-9/30	5:00-5:45pm		
8 class	8 classes \$72R/\$79N				
60868	M/W	10/5-10/28	5:00-5:45pm		
7 classe	7 classes \$72R/\$79N				
60872	M/W	1/4-1/27*	5:00-5:45pm		
7 class	es \$72F	R/\$79N			
7 classo 60870	es \$72F M/W	2/\$79N 11/2-11/30*	5:00-5:45pm		

*No class 11/11, 11/25, 1/18



Ages 10 and up

American Red Cross Basic Water Rescue

This class provides individuals with the information and skills necessary to prevent, recognize, and respond to aquatic emergencies. This course will also prepare individuals for aquatic emergencies by teaching them how to protect themselves when assisting others. This course is not a substitute for Lifeguarding Certification; however, this course is excellent for camp counselors, day care providers, health and fitness facility employees, and others who are around water on a regular basis. Prerequisites are Level V swim skills.

Dolores Bengtson Aquatic Center | Instructor: DBAC Staff

1 class \$83R/\$91N			
60862	Sa	9/12	8:00am-Noon
60863	Sa	11/21	8:00am-Noon
60864	Sa	1/30	8:00am-Noon

Ages 15 and up American Red Cross

LifeguardingGet a jump start on your future by training to be a lifeguard! This course combines online learning sessions with hands-on practice of first aid, CPR/AED and lifeguarding skills.

Note: Class times do not reflect online learning sessions. An additional \$35 non refundable fee, payable to the American Red Cross will be due following the first class session. For course

prerequisites and more information on the blended learning course, visit www.Pleasan-

tonAquaticCenter.com.
Dolores Bengtson Aquatic Center

5 classes | \$195R/\$215N 60865 Sa 12/12 8:00-10:00am and M-Th 12/28-12/31 8:00am-2:00pm



Phone: (925) 931-3420



Join us for Pleasanton's first-ever 'floating' pumpkin patch! Enjoy games, pumpkin decorating, and pumpkin-splashing fun for all ages! Costumes are encouraged.

\$12.00 General Admission (Includes 1 pumpkin)\$3.50 Spectator - (Must remain in spectator area)Registration Code: 60878



Be one of the first in 2016 to plunge down the corkscrew slide into chilly waters! Then, quickly warm-up in the heated recreational pool!

\$10.00 General Admission (Includes hot cocoa & cookie\$3.50 Spectator (Must remain in spectator area)Registration Code: 60879

The Arts

Ages 18 and up

Perspective for Painters Class

Classroom demonstrations, guided exercises and practical lessons designed for students to learn how to accurately observe and draw forms in perspective. Lessons include drawing the architecture and street scenes near the Firehouse Arts Center. Class fee includes all art materials.

Firehouse Arts Center | Instructor: Carolyn Lord

7 classe	s \$25	OR/\$275N	
61010	Th	9/17-10/29	6:30-9:30pm

Ages 13 and up

Plein Air Painting in Pleasanton

Firehouse Art Center's downtown location makes it easy to find picturesque street scenes to paint. Instruction will focus on drawing, composition, value and color. Firehouse Arts Center | Instructor: Carolyn Lord

4 classe	s \$20	OR/\$220N	
60929	Sa	1/9-1/30	9:00am-1:00pm

Ages 13 and up Painting Skills

Students will continue practicing the skills learned in Lord's perspective class, which is a prerequisite. With a limited palette, students will paint in oil to develop their observational skills of value and of warm and cool light. Firehouse Arts Center | Instructor: Carolyn Lord

3 classe	s \$1	25R/\$137N	
61009	Th	12/3-12/17	6:30-9:30pm
3 classe	s \$1	25R/\$138N	
60837	Th	12/3-12/17	10:00am-1:00pm
60836	Th	1/14-1/28	10:00am-1:00pm

Ages 18 and up

Pastel Painting

Using soft pastel is like painting with pure color. Beginners and more advanced students are welcome to join as we explore the wonderful world of pastel painting in a relaxed, friendly environment.

Firehouse Arts Center | Instructor: Debbie Wardrope

4 classes	s \$95R/	\$105N	
60815	W	9/9-9/30	9:30am-12:30pm
60816	W	10/7-10/28	9:30am-12:30pm
60818	W	1/6-1/27	9:30am-12:30pm
5 classes	\$110R	2/\$121N	
60817	W	11/4-12/16	9:30am-12:30pm
No class 11/	11, 11/25		



Ages 13 and up

PASTEL PAINTING WORKSHOPS

Painting California Poppies

This one day painting workshop will focus on painting a local scene of poppies and other wild flowers. The instructor will demonstrate how to start and build a pastel painting and provide one-on-one guidance. Beginners are welcome! If pastels are needed, a \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

			•
1 class	\$95R	/\$105N	
60933	Sa	1/16	10:00am-4:00pm

Painting Clouds and Skies

Want to create stunning skies in pastel? Join us as we learn how to paint different types of clouds. The instructor will demonstrate and provide numerous exercises in capturing the essence of beautiful clouds and skies in pastel. If pastels are needed, a \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

1 class	\$95R	\$105N	
60931	Sa	9/26	10:00am-4:00pm

Painting Local Trees

This one day workshop focuses on capturing trees in soft pastel. With an instructor demo and assistance, students will create a unique work of art that embodies their vision of our local trees, including oaks and eucalyptus. If pastels are needed, a \$10 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Debbie Wardrope

1 class	\$95R	/\$105N	5N	
60932	Sa	10/24	10:00am-4:00pm	

Ages 15 and up

Porcelain Painting

Learn the basics of design, mixing, and powder paints with an open media. Different brush strokes will be used to achieve an effect. Beginning students need no previous experience and will paint subject matter on a 6 x 6 tile. Supply list available upon registration. A \$30 kiln firing fee is due to instructor if you require firing.

Pleasanton Senior Center | Instructor: Ann Apperson

5 classe	5 classes \$106R/\$117N				
60819	W	9/30-10/28	12:30-3:30pm		
60820	W	1/27-2/24	12:30-3:30pm		

Ages 18 and up

Hand Painting on Glass

Participants will learn to paint on clear and colored glass such as plates, vases, wine glasses and candleholders, using different designs to change any ordinary glass into an artwork. Students will be guided with a step by step demonstration. No experience is needed. A \$15 supply fee is due at the time of registration.

Firehouse Arts Center | Instructor: Zina Kassab

4 classe	4 classes \$80R/\$88N				
60831	Tu	1/5-1/26	6:30-8:30pm		
6 classe	6 classes \$120R/\$132N				
60828	Tu	9/1-10/6	6:30-8:30pm		
60829	Tu	10/13-11/17	6:30-8:30pm		

Holiday themed session!

4 classe	4 classes \$80R/\$88N				
60830	Tu	12/1-12/29*	6:30-8:30pm		
*No class 12/22					



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Ages 18 and up

Adult Wheel Throwing

All levels welcome. No experience required. Class will cover basic throwing skills. A \$60 supply fee is due at the time of registration. Cultural Arts Building | Instructor: Erin Davis

6 classe	s \$1	.36R/\$150N	
60698	М	9/14-10/19	10:00am-1:00pm
60695	М	9/14-10/19	6:30-9:30pm
60701	W	9/16-10/21	10:00am-1:00pm
60709	W	9/16-10/21	6:30-9:30pm
60720	Th	9/17-10/22	12:30-3:00pm
60716	Th	9/17-10/22	6:30-9:30pm
60699	М	10/26-12/7*	10:00am-1:00pm
60696	М	10/26-12/7*	6:30-9:30pm
60702	W	10/28-12/9*	10:00am-1:00pm
60710	W	10/28-12/9*	6:30-9:30pm
60721	Th	10/29-12/10*	12:30-3:00pm
60717	Th	10/29-12/10*	6:30-9:30pm
60804	W	1/13-2/17	10:00am-1:00pm
60714	W	1/13-2/17	6:30-9:30pm
60722	Th	1/14-2/18	12:30-3:00pm
60718	Th	1/14-2/18	6:30-9:30pm
60700	М	1/11-2/22*	10:00am-1:00pm
60697	М	1/11-2/22*	6:30-9:30pm

^{*}No class 11/23, 11/25, 11/26, 1/18

Ages 16 and up

Art in Colored Pencil— Realism in any Subject

Choose your own subject. Detailed realism and creativity are explored for enhancing individual expression. Ask for material list. A \$35 supply fee is due at time of registration. Firehouse Arts Center | Instructor: Peggy Magovern

		•				
5 classes \$125R/\$138N						
60689	Th	9/3-10/1	12:30-3:30pm			
60690	Th	10/8-11/5	12:30-3:30pm			
60691	Th	11/12-12/17*	12:30-3:30pm			

^{*}No class 11/26

Ages 13 and up Composition

Composition is the design or arrangement of line, value and color in art. Artists will develop their skills, ready to apply to their own art work. Non-artists will gain understanding and a greater enjoyment when looking at art in museums, galleries, or at home. Class fee includes all art materials.

Firehouse Arts Center | Instructor: Carolyn Lord

3 classes \$125R/\$138N				
60930	Tu	11/10-11/24	10:00am-1:00pm	

Ages 13 and up

Art Made Easy

Experiment with water color, textures, collage, painting on location or in the studio: people, animals, nature painting from life or abstract. Six 3-hour sessions each quarter, three quarters per year: Fall, Winter, and Spring culmination with a student art exhibit at the Senior Center in May. Everyone has fun and succeeds! Firehouse Arts Center | Instructor: Charlotte Severin

6 classe	es \$86	R/\$95N	
60560	Th	10/8-11/12	1:00-4:00pm
60561	Th	1/7-2/11	1:00-4:00pm



Ages 18 and up

Japanese Calligraphy & Brush Art | New!

This class will focus on Calligraphy as an Art form. Students will learn the correct form and brushstrokes necessary to produce Japanese Kanji characters and Japanese brush art. A \$50 supply fee is due at the time of registration; students will receive boxed supplies for their personal use. Supplies must be purchase prior to class but may be used for additional classes. Cultural Arts Building | Instructor: Chikako McCann

5 classe	s \$1	.25R/\$138N	
61005	Th	9/3-10/1	10:30am-12:30pm
61006	Th	10/8-11/5	10:30am-12:30pm
61007	Th	11/12-12/10	10:30am-12:30pm
61008	Th	1/7-2/4	10:30am-12:30pm



with Erin Davis

This open studio format class is designed for independent working students. Work on and complete projects at your own pace. Limited instruction is available.

Open Studio Punch cards can be purchased at the Community Services Department Administration office.

8 Studio Visits: \$152R/\$168N

*Please note, open studio not intended for production potters or high-volume studio work.



Exercise & Wellness

EXERCITEMENT FITNESS

These classes are effectively designed for all fitness levels (both male and female).

Info: www.exercitementfitness.weebly.com

Ages 13 and Up

Cardio Groove

Exercise can be fun! An hour of combined cardio, strength, and flexibility training. The workout is designed to burn calories, improve cardiovascular endurance, and strengthen muscles. Class will end with a relaxing stretch to calm the body and mind. Please bring a mat and 1-10 lb weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

3 classes	\$20R/\$	22N	
60342	М	9/14-9/28	6:30-7:30pm
60345	М	12/7-12/21	6:30-7:30pm
60346	М	1/4-1/25*	6:30-7:30pm
4 classes	\$26R/\$	29N	
60343	М	10/5-10/26	6:30-7:30pm
5 classes	\$32R/\$	36N	
60344	М	11/2-11/30	6:30-7:30pm

^{*}No class 1/18, 1/4 class to be held at Amador Recreation Ctr.

Ages 13 and Up

Getting to the CORE: Pilates/ Yoga Fusion

A unique blend of basic mat pilates, core conditioning, and fundamental yoga principles to achieve strength, balance, and flexibility through this progressive series. Class may be practiced in bare feet, but a mat is required for everyone.

Cultural Arts Building | Instructor: Terri Gonzalez

3 classes	\$29R/\$	32N			
60359	Sa	9/12-9/26	8:00-9:00am		
60361	Sa	11/7-11/21	8:00-9:00am		
60362	Sa	12/5-12/19	8:00-9:00am		
4 classes \$38R/\$42N					
60360	Sa	10/3-10/24	8:00-9:00am		
60363	Sa	1/9-1/30	8:00-9:00am		

Pleasanton Senior Center | Instructor: Terri Gonzalez

6 classes	; \$49F	R/\$54N	
60347	Tu	10/20-11/24	6:15-7:15pm



Ages 13 and Up

Get Pumped!

Get toned and strong! This class is designed to condition and strengthen major muscle groups in both the upper and lower body. Terri will guide you through a total body workout (no cardio), using resistance tubes, body balls and free weights. Please bring a mat and 1-10 lb weights; instructor will provide other resistance equipment.

Pleasanton Senior Center | Instructor: Terri Gonzalez

3 classes	\$20	R/\$22N	
60354	Th	9/3-9/24*	6:15-7:15pm
60356	Th	11/5-11/19	6:15-7:15pm
60357	Th	12/3-12/17	6:15-7:15pm
60358	Th	1/14-1/28	6:15-7:15pm
5 classes	\$32	R/\$36N	
60355	Th	10/1-10/29	6:15-7:15pm

*No class 9/10 Ages 14 and up

Cardio Sculpt

Variety is the spice of life! This hour-long class varies from week to week, incorporating a different format each week. Cardio-based workout will include but not be limited to: 20/20/20 (20 min. each of cardio, strength, and flexibility), Interval Training, CardioBox, and Butts & Guts. Please bring a mat and 1-10 lb weights. Pleasanton Senior Center | Instructor: Terri Gonzalez

4 classes	\$26R/\$	29N	
60349	W	9/2-9/30*	6:30-7:30pm
60352	W	12/2-12/23	6:30-7:30pm
3 classes	\$20R/\$	22N	
60350	W	10/14-10/28*	6:30-7:30pm
60351	W	11/4-11/18	6:30-7:30pm
60353	W	1/13-1/27	6:30-7:30pm
*No class 9/9,	10/7		

Ages 13 and Up

Get on the Ball!

The keys to a great posture and a healthy back are good balance and a strong core. This 6-week progressive class assists in strengthening the core muscles using a variety of techniques on the popular Stability Ball. Please bring a ball, mat and light weights.

Pleasanton Senior Center | Instructor: Terri Gonzalez

o classe	5 343K	/\$34N	
60348	Tu	1/5-2/9*	6:15-7:15pm
*1/5 class to	n he held a	t Amador Recreat	ion Center



Like us on Facebook:
Pleasanton Community
Services

Ages 18 and up

Prenatal Yoga and Support

Enjoy yoga and time for sharing the ups and downs of pregnancy in a supportive environment led by a childbirth educator, trained doula and yoga instructor. Poses, breathing and deep relaxation will help increase comfort during pregnancy and prepare the body and mind for childbirth.

Amador Recreation Center | Instructor: Nancy Larson

6 classes	\$108	BR/\$119N	
60948	Tu	9/15-10/20	6:45-8:00pm
60950	Tu	10/27-12/8*	6:45-8:00pm
V11 1 44	/a /		

*No class 11/24

Ages 13 and up Tahitian Blast

Tahitian Blast combines traditional Polynesian dance with fresh dance fitness moves. Each class focuses on basic Tahitian dance moves that will blast away calories, tone your thighs, booty and abs! We will keep you movin' and shakin'!

Cultural Arts Building | Instructor: Adrienne Oliveira

9 classes	\$90	R/\$99N			
60838	Th	9/3-10/29	6:00-6:45pm		
6 classes	\$60	R/\$66N			
60839	Th	11/5-12/17*	6:00-6:45pm		
3 classes \$30R/\$33N					
60840	Th	1/14-1/28	6:00-6:45pm		
*No class 11/26					

Ages 13 and up **Zumba**

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's a high energy, easy-to-follow, Latin-inspired,



calorie-burning dance-fitness party. No prior Zumba or dance experience is necessary. Come join the party!

Veterans Memorial Building | Instructor: Diana Robinson

9 classes	\$90R/	\$99N			
60968	Th	9/10-11/5	6:30-7:30pm		
8 classes \$80R/\$88N					
60970	Th	11/19-1/28*	6:30-7:30pm		

*No class 11/26, 12/24, 12/31



Follow us on Instagram: Pleasantonfun

38 • Adults Phone: **(925) 931-5340**

Exercise & Wellness

Ages 18 and up

Tai Chi for Health—Beginners

Have you been wanting to try the ancient art of Tai Chi? This class will introduce you to a traditional form that is easy to do and proven to ease pain and increase overall wellness. Taught in easily-learned steps that you can practice at home or in the park, you will improve relaxation, balance and posture, and it's fun! QiGong lessons are included. For more information, visit www.healingjourney-pleasanton.com

Amador Recreation Center | Instructor: Kathy Lorenz

8 classes \$60R/\$66N					
60974	Th	9/3-10/22	7:15-8:15pm		
9 classes \$68R/\$75N					
60975	Th	11/5-1/28	7:15-8:15pm		
No class 11/26, 12/10, 12/24, 12/31					

Ages 18 and up

Tai Chi for Health— Intermediate/Advanced

Intermediate and advanced students will learn the advanced section of Sun-style TCH, adding depth to their practice. The Sun/Yang style of TCH will also be taught, if interest is expressed. We will add new QiGong sets, time permitting. Please inquire with Instructor Kathy Lorenz about readiness skills.

Amador Recreation Center | Instructor: Kathy Lorenz

8 classes	\$60R	/\$68N	
60976	Th	9/3-10/22	6:00-7:00pm
9 classes	\$68R	/\$75N	
60977	Th	11/5-1/28	6:00-7:00pm
*No class 11/	26, 12/1	0, 12/24, 12/31	

Ages 18 and up

Peace Education Program

Discover your own innate resources and the possibility of personal peace. This non-religious workshop consists of 10 sessions presenting videos for your reflection and interaction. Each session focuses on a theme, including choice, hope, inner strength, self-awareness and more. A workbook accompanies the program. For more information call Kathy Lorenz, program facilitator at (925) 596-0145. A \$10 supply fee is due at time of registration.

The Healing Journey | Instructor: Kathy Lorenz

10 class	ses \$2	0R/\$22N	
61086	Tu	9/8-11/10	9:30am-10:45am

Ages 13 and up

Fitness Boot Camp

GET RESULTS burning calories and blasting fat with high intensity interval training (HIIT) using a variety of equipment including free weights, kettle bells, TRX suspension system, resistance bands, agility apparatus and much more!! Shape Up! Fitness | Instructor: Chris Maloney

12 classes	\$129F	R/\$142N	
60789	M/W/F	9/2-9/30*	6:00-7:00am
60790	M/W/F	9/2-9/30*	9:00-10:00am
60795	M/W/F	11/2-11/30*	6:00-7:00am
60796	M/W/F	11/2-11/30*	9:00-10:00am
60798	M/W/F	12/2-12/30	6:00-7:00am
60799	M/W/F	12/2-12/30	9:00-10:00am
60801	M/W/F	1/4-1/29	6:00-7:00am
60802	M/W/F	1/4-1/29	9:00-10:00am
8 classes	\$86R/\$	95N	
60791	W/M	9/2-9/30*	6:00-7:00pm
60794	M/W	10/5-10/28	6:00-7:00pm
60803	M/W	1/4-1/27	6:00-7:00pm
13 classes	\$139F	R/\$153N	
60792	M/W/F	10/2-10/30	6:00-7:00am
60793	M/W/F	10/2-10/30	9:00-10:00am
9 classes	\$96R/\$	106N	
60797	M/W	11/2-11/30	6:00-7:00pm
60800	M/W	12/2-12/30	6:00-7:00pm
*No class 9/7.	11/27, 12	/25	

*No class 9/7, 11/27, 12/25

Ages 13 and up Pilates—Yoga

Stretch, Strength and Core! This class is for you! Pi-Yo is a fusion athletic workout which combines the mind/body pracatices of yoga and Pilates, as well as the princilples of stretch, strength training, contitioning, and dynamic movement.

Shape Up! Fitness | Instructor: Chris Maloney

9 classes	\$96R/\$	106N	
60766	Tu/Th	9/1-9/29	7:00-8:00pm
60767	Th/Tu	10/1-10/29	7:00-8:00pm
7 classes	\$86R/\$	95N	
60768	Tu/Th	11/3-11/24	7:00-8:00pm
8 classes	\$86R/\$	95N	
60769	Tu/Th	12/1-12/29*	7:00-8:00pm
60770	Tu/Th	1/5-1/28	7:00-8:00pm
*No des 12/	2.4		

^{*}No class 12/24

Ages 15 and up Muay Thai

This class will focus on proper techniques and will provide a solid workout. Classes consist of warm ups, partner drills, pad and mitt training, bag work and calisthenics. Come have some fun! Boxing gloves, shinguards with instep and handwraps are required. Gear available on site for purchase.

Crispim BJJ Studio | Instructor: Crispim De Almeida

12 classes \$149R/\$164N					
60732	M/W	9/14-10/21	7:30-8:30pm		
12 classes \$149R/\$164N					
60733	M/W	11/2-12/16*	7:30-8:30pm		
*No classes 11/11 11/25					

*No classes 11/11, 11/25

Ages 18 and up Yoga & Meditation

Yoga creates a calm, clear mind while building strength, flexibility, balance and coordination. Therapeutic yoga promotes healing that relieves stress and fatigue, and assists in recovering from injury and illness. It releases stiffness, rejuvenates muscles and lubricates joints. It creates stillness of mind and body and allows relaxation. Please bring a thick blanket and a sticky mat to class. Cultural Arts Building | Instructor: Lorey Wallace

Level I & II

8 classes	\$120R/	\$132N	
60341	M	9/14-11/9	7:30-8:45pm
6 classes	\$90R/\$	99N	
60340	M	11/16-1/25	7:30-8:45pm
*No class 10/1	2, 11/30, 1	2/21, 12/28, 1/1	1 & 1/18

Level II & III

8 classe	s \$120	R/\$132N	
60338	М	9/14-11/9	6:00-7:15pm
6 classe	s \$90R	/\$99N	
60339	М	11/16-1/25	6:00-7:15pm
*No class 10	1/12 11/3	0 12/21 12/28 1	/11 1/18

Ages 18 and up

Mindfulness for Adults

Neuroscience reveals that mindfulness actually changes the structure of the brain, making life easier and more fulfilling. In this class, you will experince mindfulness techniques and learn the data that supports why they are so powerful.

Nature House | Instructor: Kathryn Tournat

6 classes	s \$85R	/\$94N	
60949	Sa	9/5-10/10	7:00-8:00am

Special Interest & Sports

Ages 17 and up

Meditation for Stress Relief

Are you craving more peace in your life? Learn easy techniques and develop new patterns to significantly reduce stress and improve the quality of your life. Wear comfortable clothes and bring a cushion and blanket. It is recommended participants register for all 4 classes for the complete course.

Cultural Arts Building | Instructor: Dara Connolly

1 class	\$15R	/\$17N	
61014	Th	10/1	7:30-8:30pm
61015	Th	10/8	7:30-8:30pm
61016	Th	10/15	7:30-8:30pm
61017	Th	10/22	7:30-8:30pm

Ages 13 and up **Albany Karate**

Black-belt instructor Dara Connolly offers a non-aggressive class perfect for beginner teens & adult women. In her non-threatening studio, you will learn the art of Tae-Kwon Do, develop mind-body control and learn self-defense. Women may take the class with their teen.

Cultural Arts Building | Instructor: Sensei Dara

14 classes \$285R/\$313N				
61011	F	9/4-1/8*	5:20-6:00pm	
*No class	11/6, 11	/20, 11/27, 12/25, 1/1		

Ages 13 and up Bombay Jam Total Body Workout

Bombay Jam incorporates cardio and toning routines into action packed total body workout, and routines are set to custom music mixes created by Bollywood's hottest DJs. In just an hour-long class, you can burn up to a whopping 800 calories! Safety, effectiveness and loads of fun are essential ingredients of this awesome program! Bring your yoga mat and water bottle.

Cultural Arts Building | Instructor: Padma Subbaraman

18 class	es \$95	R/\$105N	
60964	F	9/4-1/29*	2:00-3:00pm
*No class 11	1/6 11/27	7 12/25 1/1	

Wednesday Adult Basketball League: Priority Registration for the Fall

Season Begins July 29th. To download a registration packet, please visit: www.pleasantonsports.org

Ages 18 and up

Relaxing Yoga for All

Have you ever wanted to try yoga but feel afraid that you are too stiff or inflexible? Yoga is about letting go; Come surrender to your fear and calm your mind, soothe your spirit and gain flexibility, strength and balance through practicing meditation and gentle yoga poses in a supportive atmosphere. This class is suitable for newcomers and veterans. Please bring a yoga mat and blanket/firm pillow. Any other yoga supplies will enhance your practice, but are not mandatory.

Cultural Arts Building | Instructor: Nancy Larson

4 classes	\$68R/\$	75N			
60843	F	9/4-9/25	9:00-10:15am		
4 classes \$85R/\$94N					
60844	F	10/9-10/30	9:00-10:15am		

PUBLIC SPEAKING & DEBATES

For more information, visit www.bayareade-bateclub.com

Ages 18 and up

New! | Speaking with Confidence for Adults

Being able to communicate effectively and confidently has immeasurable benefits in professional, social and family life. We cannot escape from the occasions where we have to speak in front of a large group be it at work, parties or schools. In this course participants learn how to manage public speaking anxiety, present themselves with confidence, and connect with their audience through effective body language. It improves their confidence in public speaking and communication skills. Amador Recreation Center | Instructor: Bay Area Debate Club Staff

8 classes	\$160R/	\$176N	
60945	W	9/16-11/4	6:30-8:00pm
60946	W	11/18-1/27	6:30-8:00pm

Coed Bocce League

Join the fun and register for a co-ed bocce league! New-to-the-sport participants are highly encouraged to try out this fun, 'low-key' league. In order to register as a team, you must have a minimum of four (4) players on your roster. Games begin week of August 25th. Registration begins: Resident—6/29

Non-Resident—8/11

Registration deadline: Mon, 8/17 (space permitting)

60369 Bocce Advanced League Tuesday

60370 Bocce Beginner League Wednesday
60371 Bocce Beginner League Thursday

Ages 18 and up

Thursday Adult Basketball League

Show off your skills in one of our men's basketball leagues that provide the perfect combination of fun and competition. With two levels of play, there is a league for everyone. In order to register as a team, you must have a minimum of six (6) players on your roster.

Registration Deadline: August 21st

Location: Harvest Park Middle School Gym

Intermediate

8 classes	\$572	2R/\$605N	
60380	Th	9/3-10/22	6:00-10:00pm

Novice

8 classes	\$572	R/\$605N	
60381	Th	9/3-10/22	6:00-10:00pm
			•



Ages 18 and up Adult Volleyball League

Join us for fast-paced, indoor fun! Whether you are new to the game or a volleyball enthusiast, we have the perfect league for you! In order to register as a team, you must have a minimum of six (6) players on your roster.

Fall Registration Deadline: September 4th Winter Registration Deadline: November 24th **Location:** Pleasanton Middle School Gym

Advanced Division

8 classes	\$352R/	\$385N	
60374	М	9/14-11/2	7:00-10:00pm
60377	М	12/7-1/25*	7:00-10:00pm

Intermediate Division

8 classes \$352R/\$385N			
60373	M	9/14-11/2	7:00-10:00pm
60375	М	12/7-1/25*	7:00-10:00pm

Novice Division

8 classes	\$352R/:	\$385N	
60372	М	9/14-11/2	7:00-10:00pm
60376	М	12/7-1/25*	7:00-10:00pm

*No games on 1/18

40 • Adults Phone: **(925) 931-5340**

Open Gym

Open Gym Programs

Come play your favorite pick-up game and meet some new friends! Our Open Gym Programs welcome all skill levels! Equipment provided. Purchase punch passes online at www.pleasantonfun.com or in person at the Community Services Department, 200 Old Bernal Ave. Punch Passes have no expiration date. Single day admission passes must be purchased in advance at the Community Services Department Office. Payment will not be accepted at the gym. For updates, gym closures and location changes, go to www.teamsideline.com/pleasanton.

For more info please call the Sports Office at 925-931-3437

HP Harvest Park Middle School, 4900 Valley Avenue

HMS Hart Middle School, 4433 Willow Road

PMS Pleasanton Middle School, 5001 Case Avenue

All Open Gym times are subject to change.

Ages 18 & up

Open Gym Basketball

Day	Time	Loca
Sa	6:00-8:00am	HP
M, W	8:00-10:00pm	HMS

FeesSinglePunch Pass (15)Resident\$3.25\$45Non-resident\$4\$60

Ages 18 & up

Open Gym Volleyball

	-,	
Day	Time	Location
Su	6:00-9:00pm	PMS
Fees	Single	Punch Pass (15)
Resident	\$4.75	\$67.50
Non-Reside	nt \$5.75	\$82.50

Open to ages 6 and up

Family Pickleball* *NEW HOURS AS OF 8/2/15

Day	Time	Location	
Su*	8:00-11:00am	PMS	
Fees	Single	Punch	Punch
		Pass (15)	Pass (6)
Resident	\$4.50	\$56.25	\$22.50
Non-Reside	ent \$5.25	\$67.50	\$27

For more information regarding sports programs, please contact:

Joelle Glushenko | 931-3480 jglushenko@cityofpleasantonca.gov

Rachel Prater | 931-3443

rprater@cityofpleasantonca.gov Nilo Velazquez | 931-3439

nvelazquez@cityofpleasantonca.gov



Saturday October 17, 2015 10am to 4pm

A Holiday Shopping Opportunity!!!



Pleasanton Senior Center 5353 Sunol Blvd., Pleasanton, CA 94566

Sponsored by: Friends of Pleasanton Senior Center
PleasantonCraftFair.com

Senior Center Information

5353 Sunol Boulevard | 931-5365 www.pleasantonseniorcenter.org Monday-Friday 8:30am-4:30pm

Office/Information	. 8:30am to 4:30pm	931-5365
Paratransit	. 9:00am to 3:00pm	931-5376
Senior Meals	. 8:30am to 4:30pm	931-5365
Senior Support, M-F	. 8:30am to 4:00pm	931-5379
VIP Senior Club & Travel		
Desk, M-Th	. 10:00am to 2:00pm	931-5370
Peddler Shoppe	. 10:00am to 4:00pm	931-5371
RADD	. 8:30am to 4:00pm	931-5373

For information on Support Groups, Monthly Services and Senior Meals, please visit the website www.pleasantonseniorcenter.org



Support Groups Offered at the Senior Center

Monthly Services

Refer to the Monthly Calendar for details:

- Caregivers Support Group (Senior Support Program)
- Foot Care/Health Screening (sponsored by Senior Support Program)
- Medicare & HMO Counseling (HICAP)
- · Parkinson's Support Group
- Notary Public
- Legal Assistance for Seniors (LAS)
- · Eye Glass Adjustments
- Estate Planning Counseling (with Estate Planning lawyer)
- Fraud Counselor (w/certified fraud counselor by appointment)

Senior Support Program of the Tri-Valley

Senior Support provides a variety of services to assist seniors in maintaining their health and independence. Services to those 60 and older, living in Pleasanton, Livermore, Dublin and Sunol, include: case management; an in-home registry; in-home counseling; health screening and friendly visiting.

The staff can be reached at 931-5379

Parkinson's Support Group

Offered on the second Saturday of each month, 10:00am-Noon at the Pleasanton Senior Center (Senior Support Area). Call 831-9940 for more information. Those with Parkinson's disease and their families are welcome to attend. Co-sponsored by the Parkinson's Network of Mt. Diablo.

Wiesner Senior Fund

Emergency one-time grants or loans, in nominal amounts, are available for adults aged 60 or older who are in immediate need of assistance. Applications for this valley-wide, non-profit emergency fund are available at the Senior Support Program. All requests and information are confidential. Call 931-5379 for information.

Caregiver's Support Groups

Open to all caregivers responsible for care of persons with Alzheimer's, dementia and other related illnesses. Meets in the Senior Center Classroom, second Monday of each month from 1:00-3:00pm. Please contact facilitator at 931-5379. Sponsored by the Senior Support Program of the Tri-Valley.

Senior Meals • 931-5365

Lunch at the Sage Café

Monday-Friday* 11:45am-1:00pm

A partnership with Open Heart Kitchen and the City of Pleasanton

- Seniors (60+) or disabled adults regardless of income
- \$3 donation

*No lunch served on 9/7, 11/11, 12/24, 12/25, 1/1, 1/4, 1/5, 1/6, 1/7, 1/8 & 1/18



Dinner at Ridgeview Commons 484-5131

5200 Case Avenue Sponsored by Open Heart Kitchen

Meals on Wheels

Sponsored by Spectrum Community Services

- For any adult, 60 and older, unable to shop or cook
- Nutritious, hot meals can be delivered M-F
- Frozen meals delivered, if needed, for weekends
- Special diets available
- \$3.75 donation

Information: 931-5385, 10:00am-1:00pm

42 • Mature Adults Phone: **(925) 931-5365**

Weekly Calendar

Fall 2015/Winter 2016 | Pleasanton Senior Center

Mondays	8:45-9:45am	Core, Stretch and Balance
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	1:00-3:00pm	Bingo (1st, 3rd and 5th Mondays)\$
	1:00pm	Movie Madness (1st, 3rd and 5th Mondays—Free)
Tuesdays	9:00am-4:00pm	Woodcarvers\$
	9:00-10:00am	ZUMBA Gold®
	10:15-11:15am	Fit for Fifty [•]
	11:45am-1:00pm	Tai Chi (Beginning) •
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	American Style Mah Jong\$
	1:10-2:25pm	Tai Chi (Intermediate) •
Wednesdays	9:00-10:00am	Strength & Tone •
	9:00-10:30am	Walking Group (Free)
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	10:00am-Noon	Arts & Crafts (Free) (Occasional special project cost)
	10:15-11:10am	Fall Prevention Exercise Class*
	1:00-3:00pm	Bingo\$
	1:00-3:00pm	Book Club\$
 Thursdays	9:00am-Noon	Words in Bloom (1st & 3rd Thursdays)\$
	9:00am-Noon	Drop-In Woodshop\$
	9:30-11:30am	Pleasanton Peddlers Bicycle Group (Free)
	10:00am-Noon	Senior Players (Free)
	10:00-11:15am	Yoga (All levels)●
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	Contract Bridge (reservation required)\$
Fridays	9:00-10:00am	ZUMBA Gold [●]
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	9:00-11:30am	Knitting\$
	10:00-11:30am	Brain Matters\$ (1st and 3rd Fridays)
	10:15-11:15am	Fit for Fifty•
	1:00-3:00pm	Bingo\$
	1:00-4:00pm	American Style Mah Jong\$
	1:30-2:45pm	Line Dance—Beginning®
	3:00-4:15pm	Line Dance—Intermediate •
Weekdays	8:00am-3:00pm	Paratransit Service
	10:00am-4:00pm	Peddler Shoppe Open

Monthly Calendar

Drop by the Senior Center to obtain your copy of the Monthly Calendar which details services, activities, special events, and classes at the Center; or simply visit our website at www.pleasantonseniorcenter.com

Activity Program Notes:

Pleasanton VIP Senior Club Luncheon

2nd & 4th Monday 11:00am-1:00pm

Coffee & Conversation with the Experts (FREE)

2nd Tuesday 10:30-11:30am

PC Users Group\$

4th Thursday 10:00am-Noon

Newcomers Welcome* (FREE)

2nd Wednesday 10:30am-Noon

Photo Club\$

2nd Wednesday 1:30-3:00pm

Education and Enrichment Activities Key

 Sponsored by the City of Pleasanton:

Day, evening & weekend classes of interest to mature adults are listed throughout this Guide. Registration must be completed by the second class meeting. New opportunities begin quarterly.

- \$ Drop-In Fees Apply: \$\$2.00R/\$2.50N (except Woodshop)
- * Sponsored by the Senior Support Program of the Tri-Valley

Proof of age may be required for some programs





Hearing Services Presenter: Audibel Hearing Center

Did you know that hearing loss is the third most common health problem in the United States? Untreated hearing loss can affect the ability to understand speech and can have a negative impact on a person's social and emotional well-being. Learn more about hearing loss indicators, services and the different hearing instrument styles available.

Ги 9/8

10:30-11:30am

Harrington Art Partnership

Presenters: Gary and Nancy Harrington

Join us for a morning of art talk with Nancy and Gary Harrington, founders of the Harrington Art Partnership. Includes a photo presentation featuring the name of the piece, artist, year of installation, location, and special insight on the pieces that are found throughout Pleasanton. Learn more about possible future Public Art pieces, the Harrington Art Project, and how you can participate in bringing more art to Pleasanton.

Tu 10/13 10:30am

Squash Lady: Fall Cooking with Pumpkin and Squash

Join the Squash Lady of Perry & Sons as she demonstrates, samples and shares ways to enjoy and prepare pumpkin and squash. Learn more about the health benefits of these delicious vegetables and take home recipes that can be shared and enjoyed throughout the season.

Tu 11/10 10:30am

Finding a Place

Presenters: Memento Care Corporation

Finding a residential care home or assisted living community can be a daunting and overwhelming task. Learn what to look for and what questions to ask when searching for senior housing alternatives for loved ones or yourself.

Tu 12/8 10:30am

Drop-In Programs

Pleasanton Senior Center | \$2.00R/\$2.50N

Brain Matters

Learn how to keep your brain active and your memory sharp. Bi-monthly meetings consist of word games, puzzles, challenging activities, reminiscing, socials and more. All geared to "age proof" your mind.

Knitting

Join the Center's knitting group and learn to knit, refresh your skills, pick up some new tips, share techniques you've learned, get help with that pesky "UFO", or just sit, knit and plan to laugh a lot.

Instructor: Stacy Dennig

On-going 9:00-11:30am

Words in Bloom

Words in Bloom is a writers workshop for seniors. Everyone has a story, come and share yours. You have a legacy to share with your loved ones. Along the way you will learn to create a new story from your imagination.

1st & 3rd Th On-going 9:00am-12:00pm

PC Users Group

This class is for all computer enthusiasts. Includes discussions, lectures, demonstrations and question/answer period. 4th Thursday of each month.

4th Th Ongoing 10:00am-12:00pm



Photo Club

The Photo Club meets at the Senior Center on the second Wednesday of every month at 2:00pm and is open to any senior who enjoys the hobby of photography at any level. It is suggested that you have some form of a digital camera of any type—from a point and shoot to a single lens reflex camera. We share our photos and make suggestions how the photos might be improved. Meetings will also offer occasional speakers, field trips and themes. 2nd W 0ngoing 2:00pm

Free Fitness & Health

Pleasanton Sole Mates

Do you love the outdoors and want a fun way to exercise? Walking is one of the easiest and most cost effective forms of exercise for adults age 55 and older. Join our weekly walking group on Wednesday mornings. We will trek to local venues while enjoying the great outdoors. Most walks will be suitable for all fitness levels. (Times vary.)

On-going 8:45-10:00am



Pleasanton Pedalers

If you love cycling, making new friends, and want to have lots of fun, this group is for you! Rides will be at an easy pace, from 15 to 25 miles long—no rider will be left behind. Group meets at the Senior Center parking lot. A signed waiver is required of all riders. Log on to meetup.com/PleasantonPedalers or call ride leader Steve McGinnis at (925) 200-9031 for more information.

On-going 9:00am

Fall Prevention Exercise Class

Join exercise instructor Joey Tchang for a free exercise class that focuses on strength and flexibility. Other benefits are improved health and well-being, more stamina and energy and a decrease in the likelihood of falls. Offered in the Main Hall and sponsored by the Senior Support Program of the Tri-Valley.

W On-going 10:15-11:10am

Phone: (925) 931-5365

Enrichment & Special Interest

Travel Ambassadors

City of Pleasanton Travel Ambassadors offer free individualized assistance to participants interested in learning how to use public transportation options including WHEELS, BART, Pleasanton Paratransit and Downtown Route. To make an appointment for this free service, please call 931-5376.

Pleasanton VIP Travel Desk

The Pleasanton VIP Travel Desk offers days trips to various locations in the greater Bay Area, as well as one day Casino Trips. Please visit the VIP Trip Desk at the Pleasanton Senior Center for informational flyers. You may also call their travel desk at (925) 931-5370.

Tea Time Social

An enchanting tea experience awaits you at the Center's monthly Tea Time Social. Includes delicious assorted teas in a festively decorated room, cookies for the sweet tooth and, of course, the fine art of conversation. Come and enjoy a spot of tea! No cost.

Movie Madness

Offered free of charge every 1st and 3rd Monday of the month at 1:00pm. Features large screen and theater-style sound, with movies that range from old classics to more recent favorites (monthly movie schedule available at the Senior Center).

Movie dates: Sept. 21, Oct. 5, 19, Nov. 2, 16, 30; Dec. 7, 21; Jan. 18.

AARP Mature Driver Course

Refine your driving skills and reacquaint yourself with the rules of the road. At the conclusion of this two-session course, you'll be issued a certificate of completion, which may qualify you for an insurance discount. Registration fee payable by check to AARP on the first day of class. Class limited to 24 participants. \$15.00 AARP Members; \$20.00 Non-Members. **Please pre-register at the Senior Center Receptionist Desk or call**

Pleasanton Senior Center

931-5365.

61057 W 9/16 & 9/23 8:30am-12:30pm

AARP Mature Driver Renewal Certificate Course

This abbreviated class is designed for seniors who have already completed the Mature Driver program and just need to renew their certificate. Rules of the road are reviewed in a 4/12 hour format. Class size is limited. Preregistration required. Pay instructor the first day of class. \$15.00 AARP Members; \$20.00 Non-Members. Please pre-register with Front Desk Receptionist at 931-5365.

Pleasanton Senior Center

60487 W 11/18 8:30am-12:30pm

Computer Tutors at the Senior Center

Struggling with your PC or Mac? Can't figure out the Internet, or just having trouble with software? One-on-one tutoring is available at the Senior Center. For reservations, please call 931-5365.

\$2.00/\$2.50 for a one-hour session

National Senior Center Month

September is National Senior Center month and the Pleasanton Senior Center, in partnership with other local senior centers, will be celebrating by offering special events and activities throughout the month. The Senior Center is a valuable community resource that offers programs, activities and services that help mature adults stay informed, healthy and active. Refer to the Senior Center monthly calendar for more details.

Friday Night Dance

Come dance the night away to all of your ballroom favorites at our Friday Night Dessert Dance. Light refreshments will be served. Register at the Senior Center Front Desk or pay at the door the evening of the event. Pleasanton Senior Center

61061 F 9/25/15 \$7R/\$8N **61062** F 11/13/15 \$7R/\$8N

Ballroom Dancing and Dessert

Please join us for our annual Saturday night ballroom dancing and dessert. The National Charity League will be hosting this special event, providing the dessert and music. Pre-registration required for this free event. Please call the Senior Center at 925-931-5365 to pre-register.

61051 Sa 1/30 FREE

Pleasanton Paratransit Transportation Service*

Available to persons 70+ years of age and ADA-qualified persons age 18 and above. *No weekend service.*

Transportation Hours: M-F, 8:00am-5:00pm Registration required: 931-5376 Reservations: 9:00am-3:00pm, 3-14 days in advance

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Downtown Route (DTR)*

DTR, a service of Pleasanton Paratransit
Service, is a same-day, fixed
route transit service that
operates throughout
Pleasanton. This affordable service connects
senior housing complexes to

the downtown area and other popular destinations, including ValleyCare Medical Center, Safeway, Kaiser, Walmart, Trader Joe's and Stoneridge Mall.

Tickets: \$1.50 per day—Available at the Senior Center Transportation Hours: T, Th and F, 8:00am-4:00pm For more information, call 931-5376

*Partially funded by Measure B Funds, Alameda County Transportation Commission

Ages 50 and up Pleasanton VIP Senior Club

The Pleasanton VIP Senior Club meets at lunch for a business meeting on the 2nd Monday and entertainment on the 4th Monday of each month. Membership is open to anyone 50 and up and benefits include entertainment, guest speakers, special events, and travel discounts. Lunch reservations must be made one day in advance (for reservations call (925) 931-5365.

2nd & 4th Mon \$10 first year/\$7 succeeding years

The Peddler Shoppe

Discover the unique, hand-crafted treasures that await you at the Peddler Shoppe in the Pleasanton Senior Center. You'll find great gift ideas for any holiday—jewelry, accessories, woodwork, linens and toys! And, we also have an amazing selection of colorfully knitted baby blankets, bonnets and booties.

Shop Hours: Monday—Friday, 10:00am—4:00pm

Pleasanton Senior Center will be closed for annual maintenance January 4–8, 2016

Exercise & Wellness

Ages 18 and up

Beginning Tai Chi

Beginners will establish a foundation in Tai Chi fundamentals by learning the early moves of a Tai Chi set. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity. Pleasanton Senior Center | Instructor: Geoffrey Lee

15 classes \$67.50R/\$74.25N			
60500	Tu	9/1-12/8	11:45am-1:00pm
60501	Tu	1/12-4/19	11:45am-1:00pm

Ages 50 and up **Zumba Toning**

This class is designed to develop every major muscle group in an efficiently-paced workout. This is a total body strengthening and toning class that uses a variety of resistance options. Our Zumba Toning certified instructor uses dynamic resistance training resulting in muscle strength, increased bone density, and improved mobility, posture and coordination. Pleasanton Senior Center | Instructor: Jenny Underwood

5 classes \$22.50R/\$25.50N				
60514	W	9/2-9/30	9:00-10:00am	
3 class	es \$13	3.50R/\$16.50N		
60515	W	10/7-10/28*	9:00-10:00am	
60516	W	11/4-11/25*	9:00-10:00am	
60517	W	12/2-12/16	9:00-10:00am	
60518	W	1/13-1/27	9:00-10:00am	

^{*} No class on 10/14, 11/11

Ages 50 and up **Zumba Gold**

Zumba Gold, designed for adults 50 years of age and older, is an exciting and high-energy aerobic exercise, using Latin rhythms with easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility. Pleasanton Senior Center | Instructor: Jenny Underwood

9 classes \$40.50R/\$45N				
60509	Tu/F	9/1-9/29	9:00-10:00am	
7 classe	s \$31.	50R/\$35N		
60510	Tu/F	10/2-10/30*	9:00-10:00am	
60511	Tu/F	11/3-11/24	9:00-10:00am	
6 classes \$27R/\$30N				
60512	Tu/F	12/1-12/18	9:00-10:00am	
60513	Tu/F	1/12-1/29	9:00-10:00am	

*No class on 10/13, 10/16

Ages 18 and up

Intermediate Tai Chi

Intermediate and advanced students will build on the foundation learned in the beginners' class by exploring the depths of the fundamentals as well as learning additional moves. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

Pleasanton Senior Center | Instructor: Geoffrey Lee

15 class	ses \$6	7.50R/\$74.25N	
60502	Tu	9/1-12/8	1:10-2:25pm
60503	Tu	1/12-4/19	1:10-2:25pm

Ages 50 & up

Core, Stretch and Balance

This class is designed to increase your general sense of well-being through a series of stretches that will strengthen your core and increase your flexibility, ultimately improving overall balance. The use of light weights will assist in gaining muscle strength and improved mobility. Bring a set of light weights (3-5 lbs.) and a floor exercise mat.

Pleasanton Senior Center | Instructor: Sandra Cavellini

3 classe	es \$1	3.50R/\$16.50N	
60530	М	9/14-9/28	8:45-9:45am
60533	М	12/7-12/21	8:45-9:45am
4 classe	es \$1	8R/\$21N	
60531	М	10/5-10/26	8:45-9:45am
5 classe	es \$2	2.50R/\$25.50N	
60532	М	11/2-11/30	8:45-9:45am
2 classe	es \$9	R/\$12N	
60534	М	1/11-1/25*	8:45-9:45am
00534	IVI	1/11-1/25	8:45-9:45am

^{*}No class on 1/18

Ages 18 and up Fit for Fifty Plus

A slower-paced exercise program geared for the mature adult/senior without the movement and mobility required in a more typical aerobics class. Designed to help those who want to be physically fit through easy movement, strength and core work, stretching, toning, balance and small motor flexibility. Pleasanton Senior Center | Instructor: Katherine Bene

9 classes	\$40.	50R/\$45N	
60504	Tu/F	9/1-9/29	10:15-11:15am
60505	Tu/F	10/2-10/30	10:15-11:15am
7 classes	\$31.	50R/\$35N	
60506	Tu/F	11/3-11/24	10:15-11:15am
6 classes	\$27R	?/\$30N	
60507	Tu/F	12/1-12/18	10:15-11:15am
60508	Tu/F	1/12-1/29	10:15-11:15am

Ages 50 and up

Line Dance—Beginning

Unwind, meet new friends, and exercise in this fun class! You will learn all the basic steps for each line dance. Steps are taught slowly and easily, and dances will be repeated until you are comfortable moving on. No partner necessary. Pleasanton Senior Center | Instructor: Sue Kraft

3 classe	s \$1	L3.50R/\$16.50N	
60490	F	9/11-9/25	1:30-2:45pm
60492	F	11/6-11/20	1:30-2:45pm
60493	F	12/4-12/18	1:30-2:45pm
5 classes \$22.50R/\$25.50N			
60491	F	10/2-10/30	1:30-2:45pm
4 classes \$18R/\$21N			
60494	F	1/8-1/29	1:30-2:45pm

Ages 50 and up

Intermediate Line Dance

Learn classic as well as new line dances while having a great time. Each dance is repeated until everyone is comfortable and ready to move on to a new dance. Previously learned dances will also be reviewed and practiced. Pleasanton Senior Center | Instructor: Sue Kraft

3 classe	s \$13.5	OR/\$16.50N		
60495	F	9/11-9/25	3:00-4:15pm	
60497	F	11/6-11/20	3:00-4:15pm	
60498	F	12/4-12/18	3:00-4:15pm	
60499	F	1/15 - 1/29	3:00-4:15pm	
5 classes \$22.50R/\$25.50N				
60496	F	10/2-10/30	3:00-4:15pm	

Ages 18 and up

Yoga—All Levels

Focus the mind and strengthen the body in this class. Using Yoga poses and awareness of the breath you will experience increased flexibility, strength and balance on the mat and off. Each class combines balance postures, breathing techniques, and moving the body mindfully suited to the needs of the student. Class will close with deep relaxation. Pleasanton Senior Center | Instructor: Roberta Wilson

3 classe	es \$1	9.50R/\$22.50N		
60524	Th	9/3-9/24*	10:00-11:15am	
60526	Th	11/5-11/19	10:00-11:15am	
60527	Th	12/3-12/17	10:00-11:15am	
60528	Th	1/14-1/28	10:00-11:15am	
4 classes \$26R/\$29N				
60525	Th	10/1-10/22	10:00-11:15am	
*No class o	n 0/10			

*No class on 9/10

Phone: **(925) 931-5365**

Information & Youth Tennis





Pleasanton Tennis Park 5801 Valley Avenue (925) 931-3449

Register: www.lifetimetennis.com

You can register in person at the Tennis Park or online. Please use a Lifetime Tennis registration form.

Priority Registration (residents): July 29 Open Registration: August 12

Please see page 58 for the City Refund Policy.

SERVICES

Call us at the park or check out our website for the schedule, fees, and rules.

Reserve Court Time

Ball Machine Rental

Ping Pong

Tennis Birthday Parties

Private Lessons

OFFICE AND COURT HOURS

Monday-Friday 8:00am-10:00pm Saturday 8:00am-9:00pm Sunday 8:00am-8:00pm

OPEN PLAY COURT FEES- per 45 minutes

Adult: \$6.50R/\$9N Youth: \$5.50R/\$8N Mid-Day Deal: Monday thru Friday, Noon-3:00 pm \$5 per 45 minutes

RAIN PROCEDURE

Staff will close the courts until they are playable. Call the park 30 minutes prior to your class or match time to check conditions. Makeups will be scheduled for lesson and league rainouts.



Ages 4-6 | 5:1 Ratio

Little Tennis and Sports Development

Improve your coordination and motor skills while learning basic tennis strokes and games.

14 classes | \$203R/\$223N 13 classes | \$189R/\$208N 12 classes | \$174R/\$191N

Day	Time	Session 1	Session 2
М	3:30-4:15pm	9/14-12/14 (14)	1/4-3/21 (12)
Tu	10:15-11:00am	9/15-12/15 (14)	1/5-3/22 (12)
Tu	4:15-5:00pm	9/15-12/15 (14)	1/5-3/22 (12)
W	5:45-6:30pm	9/16-12/16 (14)	1/6-3/23 (12)
Th	10:15-11:00am	9/17-12/17* (13)	1/7-3/24 (12)
F	3:30-4:15pm	9/18-12/18* (13)	1/8-3/25 (12)
Sa	9:30-10:15am	9/19-12/19 (14)	1/9-3/26 (12)
Su	10:15-11:00am	9/20-12/13 (13)	1/10-3/27 (12)
Su	3:30-4:15pm	9/20-12/13 (13)	1/10-3/27 (12)
*No c	lass 10/30, 11/26		

Ages 7-15

Green, Blue, Red Program (GBR Program)

Develop your rallying skills and stroke technique in this multi-level introductory program. You will be first grouped by age and then by ability level.

Ages 7-10 | 8:1 ratio classes 14 classes \$252R/\$277N

	13 classes \$234R/\$257N 12 classes \$216R/\$238N		
Da	y Time	Session 1	Session 2
М	4:15-5:45pm	9/14-12/14 (14)	1/4-3/21 (12)
W	6:30-8:00pm	9/16-12/16 (14)	1/6-3/23 (12)
F	4:15-5:45pm	9/18-12/18* (13)	1/8-3/25 (12)
Sa	10:15-11:45am	9/19-12/19 (14)	1/9-3/26 (12)
Su	8:00-9:30am	9/20-12/13 (13)	1/10-3/27 (12)
Su	11:00am-12:30pm	9/20-12/13 (13)	1/10-3/27 (12)

Ages 11-15 | 8:1 ratio classes

*No class 10/30

14 classes \$252R/\$277N 13 classes \$234R/\$257N 12 classes \$216R/\$238N				
Day	/ Time	Session 1	Session 2	
Tu	6:30-8:00pm	9/15-12/15 (14)	1/5-3/22 (12)	
Th	3:30-5:00pm	9/17-12/17* (13)	1/7-3/24 (12)	
Sa	11:45am-1:15pm	9/19-12/19 (14)	1/9-3/26 (12)	
Su	12:30-2:00pm	9/20-12/13 (13)	1/10-3/27 (12	
*No	class 11/26			

See page 46 for Winter Session Bonus/Makeup Days

Ages 7-10 | 4:1 ratio classes

14 classes \$469R/\$516N 13 classes \$436R/\$480N 12 classes \$402R/\$442N			
Da	y Time	Session 1	Session 2
W	4:15-5:45pm	9/16-12/16 (14)	1/6-3/23 (12)
Sa	11:45am-1:15pm	9/19-12/19 (14)	1/9-3/26 (12)
Su	12:30-2:00pm	9/20-12/13 (13)	1/10-3/27 (12)

11-15 years old | 4:1 ratio classes

13 c	:lasses \$469R, :lasses \$436R, :lasses \$402R,	/\$480N	
Day	Time	Session 1	Session 2
Sa	1:15-2:45pm	9/19-12/19 (14)	1/9-3/26 (12)
Su	12:30-2:00pm	9/20-12/13 (13)	1/10-3/27 (12)

Ages 7-16 | 8:1 Ratio

14 classes \$281 R/\$309 N

*No class 11/26

*No class 10/30

Junior Development Program

You must first get a coach's recommendation to find the right level for you in this 4-tiered program.

Intro to Bronze—you've graduated the GBR Program, it's time to polish your technique and gain more full court experience

	lasses \$261 F lasses \$241 F		
Day	Time	Session 1	Session 2
Th	3:30-5:00pm	9/17-12/17* (13)	1/7-3/24 (12)
Sa	4:15-5:45pm	9/19-12/19 (14)	1/9-3/26 (12)

	lasses \$352 F lasses \$325 F		
Day	Time	Session 1	Session 2
F	5:45-8:00pm	9/18-12/18* (13)	1/8-3/25 (12)
Su	2:00-4:15pm	9/20-12/13 (13)	1/10-3/27 (12)

Bronze—your technique is starting to become more reliable but you need to keep working on your overall consistency.

-		,				
	14 classes \$281 R/\$309 N 12 classes \$241 R/\$265 N					
Day	Time	Session 1	Session 2			
W	4:15-5:45pm	9/16-12/16 (14)	1/6-3/23 (12)			
Sa	2:45-4:15pm	9/19-12/19 (14)	1/9-3/26 (12)			
	13 classes \$352 R/\$387 N 12 classes \$325 R/\$358 N					
F	5:45-8:00pm	9/18-12/18* (13)	1/8-3/25 (12)			
Su	4:15-6:30pm	9/20-12/13 (13)	1/10-3/27 (12)			
*No cl	*No class 10/30					

(Continued on next page)

Youth Tennis & Tennis Camps

Junior Development, cont'd

Silver—you've started to become more successful in matches, now it's time to practice hitting your shots more aggressively and accurately.

14 classes \$379 R/\$417 N
13 classes \$352 R/\$387 N
12 classes \$325R/\$358 N

Day	Time	Session 1	Session 2
М	5:45-8:00pm	9/14-12/14 (14)	1/4-3/21 (12)
Sa	5:45-8:00pm	9/19-12/19 (14)	1/9-3/26 (12)
Su	4:15-6:30pm	9/20-12/13 (13)	1/10-3/27 (12)

Gold—become more comfortable using the different spins, placing your shots, and adding more variety to your game.

14 classes \$379 R/\$417 N
13 classes \$352 R/\$387 N
12 classes \$325 R/\$358 N

Day	Time	Session 1	Session 2
W	5:45-8:00pm	9/16-12/16 (14)	1/6-3/23 (12)
Su	4:15-6:30pm	9/20-12/13 (13)	1/10-3/27 (12)

Matchplay—apply proper tennis etiquette, develop good sportsmanship, and build up your match confidence. You must be enrolled in a Junior Development Program to participate.

13 classes \$138 R/\$152 N 12 classes \$127 R/\$140 N

Day	Time	Session 1	Session 2
Su	6:30-8:00pm	9/20-12/13 (13)	1/10-3/27 (12)

IT'S BACK!

Junior Doubles League

Partner up with a different player every week to work on your doubles teamwork and communication. Player who accrues the most points in the season wins. Rules and procedures to be announced on the first day.

10 matches \$75R/\$83N

Level	Day	Time	Session1	Session 2	
Bronze	Tu	4:15-5:45pm	9/15-11/17	1/5-3/8	
Silver	W	4:15-5:45pm	9/16-11/18	1/6-3/9	
Gold	W	4:15-5:45pm	9/16-11/18	1/6-3/9	

Winter Bonus/Makeup Days

Lifetime Tennis has set aside two days in case classes get rained out in the Winter Session. If your class never gets rained out, you can still attend class on your assigned day as a bonus.

Winter Session Bonus/Makeup Day #1

All Sun. to Fri. classes—Sat, Feb 20, times TBD

Sat classes—Sun, Feb 21, times TBD

Winter Session Bonus/Makeup Day #2

All Sun. to Fri. classes—Sat, Mar 12, times TBD

Sat. classes—Sun, Mar 13, times TBD

Tournaments

For players in the Junior Development Program

\$10R/\$13N

Veteran's Day Tournament

For Bronze, Silver, and Gold players Wednesday, November 11—9:00am Deadline to register—Monday, Nov 9

December Green Dot Ball Tournament

For Intro to Tournament Training and Intro to Bronze players

Monday, December 21—9:00am Deadline to register—Saturday, December 19

Martin Luther King, Jr Day Doubles Tournament

For Bronze, Silver, and Gold players Monday, January 18—9:00am Deadline to register—Saturday, January 16

January Green Dot Ball Tournament

For Intro to Tournament Training and Intro to Bronze players

Monday, February 8— 9:00am Deadline to register—Saturday—February 6

President's Day Tournament

For Bronze, Silver, and Gold players Monday, February 15—9:00am Deadline to register—Saturday, February 13

Tournament Training Program

Fulfill your potential, practice 2-3 times per week, and train for regular competition. You must be approved to join this program. For more information, contact our Tennis Director, Aaron Wong, at aaronw@lifetimetennis.com.

Ages 7-15

Youth Table Tennis

Winter Session only

Learn the basics and fundamentals of table tennis. Improve your coordination and speed up your reaction time. Beginners to intermediate level players are welcome.

Ages 7-10

12 cla	isses \$216 R/\$238 N	
Th	5:00-6:30pm	1/7-3/24
Sa	1:30-2:30pm	1/9-3/26

Ages 11-15

12 cla	asses \$216 R/\$238 N	
Tu	3:30-5:00pm	1/5-3/22
Su	2:00-3:30pm	1/10-3/27

YOUTH TENNIS CAMPS

Ages 4-16

Players must wear athletic, non-marking soled shoes. Players are encouraged to put sunscreen on, bring a bottle of water and a snack, and wear comfortable clothes including a visor or cap.

Fall One Day Camp

Friday, October 2

Thanksgiving Break Camps

Nov 23-Nov 25

Winter Break 3-Day Camps

December 21-23 and December 28-30

Winter One-Day Camp

Monday, January 25

Ages 4-6 | 5:1 ratio

Little Tennis Camps

(LT) Learn how to swing correctly and play games that test your coordination and motor skills. Refreshment breaks are part of this camp. 9:30-11:00 am (1.5 hrs)

11:00 am-12:30 pm (1.5 hrs)

One-Day Camp \$32R/\$35N 3 Days \$95R/\$105N

9:30 am-12:30 pm (3 hrs)

One-Day Camp \$50R/\$55N 3 Days \$152R/\$167N

Ages 7-15 | 8:1 ratio

Youth Improvement Tennis Camps

(YI) Develop your rallying skills, discover all the tennis strokes, and set yourself up for good fundamentals. This camp is great for beginning to intermediate level players. You will be first grouped by age, then by ability level.

One-Day Camp \$39R/\$43N 3 Days \$116R/\$128N

9:30am-12:30pm

Ages 7-16 | 8:1 ratio

Junior Development Tennis Camps

(JD) Strengthen your technique, build up your fitness, and apply tennis strategy during the week. This camp is for players who demonstrate strong fundamentals and can put a match together. If you're new to the program, we recommend an evaluation before signing up.

One-Day Camp \$39R/\$43N 3 days \$116R/\$128N

9:30am-12:30pm

48 • Tennis Information Phone: **(925) 931-3449**

Camps & Adult Tennis

Ages 7-15 | 8:1 ratio

Table Tennis Camps

(TT) Increase your coordination, speed up your reaction time, and strengthen your fundamentals. Beginning to intermediate level players are welcome.

1 Day | \$26R/\$29N 3 Days | \$78R/\$86N

1:00-3:00pm

Ages 7-15 | 8:1 ratio

Sports and Activities Camps

(AC) Use the entire Tennis Park as your playground for the week. Participate in both indoor and outdoor sports and games. A team leader will help organize your fun, eclectic week.

1 Day | \$22R/\$23N 3 Days | \$59R/\$65N

3:30-5:00pm

Ages 7-15 | 8:1 ratio

All-Day Camp Bundle

(AD) Spend your week at the Tennis Park. Play tennis in the morning, work on your table tennis skills in the afternoon, and finish the day with different sports and games around the park. Bring snacks and lunch.

1 Day | \$70R/\$77N 3 Days | \$209R/\$230N

Schedule	9:30am-12:30pm	lennis Camp
	12:30-1:00pm	Lunch
	1:00-3:00pm	Table Tennis Camp
	3:00-3:30pm	Snack Break
	3:30-5:00pm	Sports/Activities Camp

Early Bird and Late Bird Care

For early drop off and/or late pick up 8:30 am Drop off 6:00pm Pick up \$6 per child per day \$13 per child per week \$24 per child per week for All Day campers

Tennis Camp Schedule

Camp Code:	LT	ΥI	JD	TT	AC	AD	
10/2	•	•	•	•	•	•	
11/23-11/27	•	•	•	•	•	•	
12/21-12/23	•	•	•	•	•	•	
12/28-12/30	•	•	•	•	•	•	
1/25	•	•	•	•	•	•	



ADULT TENNIS PROGRAMS

Ages 16 and up | 8:1 Ratio **Beginning Tennis**

Learn the basic strokes and develop your rallying skills.

Fall—14 classes	\$252R/\$277N
Fall—13 classes	\$234R/\$257N
Winter—12 class	es \$216R/\$238I

Day	Time	Session 1	Session 2
М	6:30-8:00pm	9/14-12/14 (14)	1/4-3/21 (12)
W	9:30-11:00am	9/16-12/16 (14)	1/6-3/23 (12)
F	8:45-10:15am	9/18-12/18* (13)	1/8-3/25 (12)
Su	9:30-11:00 am	9/20-12/13 (13)	1/10-3/27 (12)
Su	2:00-3:30pm	9/20-12/13 (13)	1/10-3/27 (12)
*No ci	lass 10/30		

Ages 16 and up | 8:1 Ratio

Advanced Beginning Tennis

Work on shot placement, improve your footwork, and strengthen your technique. At least 6 months of formal tennis instruction is recommended before signing up.

Fall—14 classes \$252R/\$277N Fall—13 classes \$234R/\$257N Winter—12 classes \$216R/\$238N

Time	Session 1	Session 2
45-10:15am	9/14-12/14 (14)	1/4-3/21 (12)
:30-8:00pm	9/17-12/17* (13)	1/7-3/24 (12)
:15-2:45pm	9/19-12/19 (14)	1/9-3/26 (12)
:00-9:30 am	9/20-12/13 (13)	1/10-3/27 (12)
	45-10:15am :30-8:00pm :15-2:45pm :00-9:30 am	45-10:15am 9/14-12/14 (14) :30-8:00pm 9/17-12/17* (13) :15-2:45pm 9/19-12/19 (14)

Fall—14 classes \$188R/\$207N Winter—12 classes \$161R/\$177N M 12:30-1:15 pm 9/14-12/14 (14) 1/4-3/21 (12)

Ages 16 and up | 8:1 Ratio Intermediate Tennis

*No class 11/26

Train for your matches and drill basic match strategy. We recommend that you are able to sustain a full court rally before joining this level.

Fall—14 classes \$252R/\$277N Fall—13 classes \$234R/\$257N Winter—12 classes \$216R/\$238N

Day	Time	Session 1	Session 2
Tu	8:45-10:15 am	9/15-12/15 (14)	1/5-3/22 (12)
W	6:30-8:00pm	9/16-12/16 (14)	1/6-3/23 (12)
F	10:15-11:45 am	9/18-12/18* (13)	1/8-3/25 (12)
Sa	8:00-9:30 am	9/19-12/19 (14)	1/9-3/26 (12)

*No class 10/30

Fall—14 classes \$188R/\$207N Winter—12 classes \$161R/\$177N W 12:30-1:15pm 9/16-12/16 (14) 1/6-3/23 (12)

Ages 16 and up | 8:1 Ratio Advanced Tennis

Strengthen your serve and net play, add pace to your shots, and develop tactics to use in your matches. An NTRP rating of at least 3.5 is recommended to join this level.

Fall—14 classes \$252R/\$277N Fall—13 classes \$234R/\$257N Winter—12 classes \$216R/\$238N

12)
12)
12)

*No class 11/26

Fall—14 classes \$188R/\$207N Fall—13 classes \$174R/\$191N Winter—12 classes \$161R/\$177N

Tu 11:45am-12:30pm 9/15-12/15 (14) 1/5-3/22 (12) F 11:45am-12:30pm 9/18-12/18* (13) 1/8-3/25 (12) *No class 10/30

Ages 16 and up | NEW! 4:1 Ratio Adult Tennis Classes

Beginning—Learn the basics and fundamentals in a smaller group setting

14 classes—\$235R/\$259N 13 classes—\$218R/\$240N 12 classes—\$201R/\$221N

Day	Time	Session 1	Session 2
Sa	9:30-10:15am	9/19-12/19 (14)	1/9-3/26 (12)
Su	3:30-4:15pm	9/20-12/13 (13)	1/10-3/27 (12

Adv. Beginning—Drill your technique, footwork, and shot placement in a smaller group setting

13 classes—\$218R/\$240N 12 classes—\$201R/\$221N Day Time Session 1 Session 2 Su 9:30-10:15am 9/20-12/13 (13) 1/10-3/27 (12)

Thursday Night Clinic

For Intermediate to Advanced players who can't commit to a full session, this clinic works on one specific topic each week. You can drop-in or preregister but space is limited to the first 8 players.

\$15R/\$18N per clinic				
Day	Time	Session 1	Session 2	
Th	6:30-8:00pm	9/17-12/17*	1/7-3/24	
*No cl	inic 11/26			

Adult Tennis

Cardio Tennis

Get your heart rate up and stay fit through drills and footwork exercises. Open to all playing levels.

Fall—14 classes \$130R/\$143N
Fall—13 classes \$120R/\$132N
Winter-12 classes \$111R/\$122N

M	5:45-6:30pm	9/14-12/14 (14)	1/4-3/21 (12)
Tu	12:30-1:15 pm	9/15-12/15 (14)	1/5-3/22 (12)
Tu	5:45-6:30pm	9/15-12/15 (14)	1/5-3/22 (12)
Th	12:30-1:15 pm	9/17-12/17* (13)	1/7-3/24 (12)
Sa	9:30-10:15 am	9/19-12/19 (14)	1/9-3/26 (12)

^{*}No class 11/26

Doubles Strategy

For Intermediate and Advanced players looking to expand their understanding of the doubles game, drill your net skills, learn to move with your teammate, and match your shot selection with your court positioning.

Fall—13 classes \$234R/\$257N
Winter—12 classes \$216R/\$238N

Day	Time	Session 1	Session 2
Th	6:30-8:00pm	9/17-12/17* (13)	1/7-3/24 (12)

^{*}No class 11/26

Women's Academy

Increase your confidence and improve your match results in this program designed for recreational and USTA league players.

8 classes \$168R/\$185N

Leve	l/Da	y Time	Session 1	Session 2
3.0	М	10:15-11:45am	9/14-11/2 (8)	1/25-3/21* (7)
3.5+	W 1	1:00 am-12:30pm	9/16-11/4 (8)	1/20-3/9 (8)

Ages 16 and up | 8:1 Ratio

Doubles Tactics and Strategy Camp

Train for your upcoming league season and competition. Recommended level: 3.0 and above

3 days \$50 R/\$5 Day Fee \$20 R/\$		
0.20 11.00am	12/15 12/17	2/15 2/17

Round Robin with a Pro

Play some doubles with one of our teaching pros. You will rotate partners every few rounds and get some tips along the way. Deadline to register for Fall is Dec 14. Deadline to register for Winter is March 14.

\$6R/\$9N						
3.0	Tu	12/15	3/15	8:00-9:30pm		
3.5	W	12/16	3/16	8:00-9:30pm		
4.0	Th	12/17	3/16	8:00-9:30pm		

Ages 15+ | 6:1 Ratio

RADD TENNIS & TABLE TENNIS

Recreational tennis for the developmentally disabled, training balls will be used and rules modified to adapt to skill level.

RADD Tennis

Fall—13 classes \$108 R/\$119 N Winter—12 classes \$100 R/\$110 N						
Day	Time	Session 1	Session 2			
Tu	3:30-4:15pm	9/15-12/15	1/5-3/22			

RADD Table Tennis

Winter only

12 c	lasses	\$100	R/\$1.	10 N	
Tu	2:45-3:	30pm	1	1/5-3/22	
To re	gister, s	see R. <i>F</i>	A.D.D.	Registration	n Form on

To register, see R.A.D.D. Registration Form on page 27.

Ages 18+

ADULT TENNIS LEAGUE

Ladies Doubles—Rotating Partners

10 matches \$75R/\$83N 11 matches \$83R/\$91N							
Level	Days	Session 1	Session 2	Times			
2.5	М	9/21-11/30	1/4-3/7	9:00-11:00 am			
3.0	Th	9/24-12/3*	1/7-3/10	9:00-11:00 am			
3.5	Tu	9/22-12/1	1/5-3/8	9:00-11:00 am			
3.5	F	9/25-12/4	1/8-3/11	9:00-11:00 am			
3.7	W	9/23-12/2	1/6-3/9	9:30-11:30 am			

^{*}No league 11/26

Men's Doubles—Rotating Partners

10 matches \$75R/\$83N 11 matches \$83R/\$91N							
TT W	atche						
Level	Days	Session 1	Session 2	Times			
3.0	Th	9/24-12/3*	1/7-3/10	8:00-10:00pm			
3.5	W	9/23-12/2	1/6-3/9	8:00-10:00pm			
4.0 Th 9/24-12/3* 1/7-3/10 8:00-10:00pm							
*No league 11/26							

Mixed Doubles—Rotating Partners

10 matches \$75R/\$83N 11 matches \$83R/\$91N						
Level	Day	Session 1	Session 2	Time		
3.0 (Men)	Tu	9/22-12/1	1/5-3/8	8:00-10:00pm		
3.0 (Women)	Tu	9/22-12/1	1/5-3/8	8:00-10:00pm		
4.0 (Men)	Tu	9/22-12/1	1/5-3/8	8:00-10:00pm		
4.0 (Women)	Tu	9/22-12/1	1/5-3/8	8:00-10:00pm		

Mixed Doubles—Permanent Partners**

10 matches \$150R/\$158R&N/\$166N 11 matches \$166R/\$174R&N/\$182N

Level	Days	Session 1	Session 2	Times
3.5	М	9/21-11/30	1/4-3/7	8:00-10:00pm
4.0	М	9/21-11/30	1/4-3/7	8:00-10:00pm

^{**}Permanent Partner League players must sign up as a team.

Lifetime Tennis' Halloween Fun Night is back...

See page 59 for all the spooky details!

Volunteer Opportunities for Teens & Adults

Halloween Fun Night is a big production organized to entertain the youth of the community every Friday before Halloween at the Pleasanton Tennis and Community Park. The event is looking for engaging personalities to lead the game stations as well as actors for the Haunted Hallway of Horror. If you would like to contribute your time, please contact Aaron Wong, aaronw@lifetimetennis.com or Debra Takami, debrat@lifetimetennis.com.





Phone: (925) 931-3449

PGA LEARNING CENTER AT CALLIPPE PRESERVE GOLF COURSE

Fall 2015/Winter 2016 Golf Instruction Programs

Dates: October 1-March 31

Note: Registration for all golf activities is conducted at PGALearningCenters.com

Ages 18 & up

Explore: Get Golf Ready Plus—For Beginners

All Get golf ready classes include:

- · Six Hours of Instruction
- "Play Day" certificates for 10 follow-up lessons & golf course time
- Five "Practice with the Pro" Sessions
- Club Fitting
- 1 Private Video Session with the Pro (1/2 hr)
- Referral Card-Tell a friend and receive free instruction
- \$249.00
- · Go to website for dates and times: PGALearningCenters.com

PGA Fall/Winter After School Junior Development Program

for "Tour Players in the Making"

PGA Fall/Winter Junior Developmental After-school/Weekends Program offers a unique, fun, safe, and educational golf product for juniors that goes beyond teaching just the physical skills associated with golf. The goal of the program is to create junior golfers (ultimately golfers for life) that will develop a love for the game and become active participants in other PGA branded events such as "Drive, Chip and Putt," PGA Junior League Golf, and PGA Junior Series.

The program welcomes juniors between the ages of 7 to 17 and teaches golf skills and values that are applicable both on and off the golf course. Juniors will learn, full swing, short game, putting, trouble shots, golf course management, psychology, rules, etiquette, and fitness, in addition to skills that build character in areas such as sportsmanship, leadership, respect, integrity, attitude . . . and other general life skills

- Can attend up to 8 classes per month
- Entry Level—Beginner—Intermediate
- Ages 7-17
- \$99.00R/\$125.00N entry fee
- \$15 Testing Fee (to graduate to the next level)
- Please e-mail Brian Glosser (BrianG@PGALearningCenters.com) for more information on the COLOR CODED LEVELS awarded to each student throughout the program

Private Lessons Available

Instructors: PGA Director of Instruction BRIAN GLOSSER

\$100/hr (925-523-9682)

PGA Head Professional JAKE SAITO

\$70/hr (925-426-6666 ext 20)

- All lessons will take place at the Callippe Preserve Golf Course.
 Registration and fees are processed online at
 PGALearningCenters.com or call 1-800-985-8971. You can also contact Director of Instruction Brian Glosser 925-523-9682.
 Must sign up at least a week prior to the class.
- · Each class has a 3 student minimum.
- Practice balls and Golf Clubs will be provided if you do not have your own.
- Some classes may be postponed due to inclement weather.
- Private lesson (1 on 1) are to be scheduled online or contact Golf Professional directly.

For more information and classes that might suit your needs please call (PGA Learning Centers) 1-800-985-8971 or Brian Glosser 925-523-9682.

"Future Tour Stars" Junior Clinic for 5-7 year olds

\$15R/\$20N per class | \$50R/\$60N per month Every Sunday at 1:30pm

Golf Fundamentals Every Saturday at 1:00pm

\$25 per student Max 8 students

- Learning beginning fundamentals of the golf swing
- 45 min Instruction
- · Sign up for 4 classes get 5th free.

Breaking 90/100/110 Classes

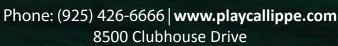
\$199 per student

4 Week Classes

- Each class is 90 minutes
- Check for dates on PGALearningCenters.com or call 925-523-9682











Parks Amenities Guide Tealis/Open Space Water play Area Water play Area												rea													
Lege	ce Ball	Barbeque Pit	Baseball Field	BMX Track	Dog Park	rcise Co	Course	Group Picnic	Inline Skate	Picnic Tables	Public Art	Restroom(s)	er Hocke	teboard	cer Field	nming P	Tennis Courts	Tot Play Area	Trails/Open Space	Volleyball/Sport	Waterplay Area Youth Play Area				
Мар	Location/Park Name	Address	Type	Acres	Воссе	Barl	Bas	BM S	Dod	Exe	90	Gro		Picr	Pub	Res	Roll	Ska	200	Swii	Ten	Tot	Trai	No.	You
1.	Alviso Adobe Comm. Park	3465 Old Foothill Rd	С	7												•							•	\top	
2.	Amador Valley Comm. Park	4301 Black Ave.	C	23.5											•										
3.	Amaral Park	3400 Dennis Dr.	N	5		•	•																Т	П	
4.	Augustin Bernal Park	8200 Golden Eagle Way	C	237																					
5.	Bernal Community Park	7001 Pleasanton Ave.	C	13		•	•									•							Т	П	
6.	Bicentennial Park	2401 Santa Rita Rd.	N	2.6																					
7.	BMX Track	3320 Stanley Blvd.	N/A	3.65						П						•							Т		
N.	Callippe Preserve Golf	8500 Clubhouse Dr.	N/A	425												•									
8.	Centennial Park	5353 Sunol Blvd.	C	5.7		•									•									П	
9.	Civic Park	100 Main St.	N	.7											•										
10.	Creekside Park	5601 W. Las Positas	N	6.6		•										•							- (
11.	Del Prado Park	6701 Hansen Drive	Ν	5																					
12.	Delucchi Park	4501 First Street	N	.7		•				П						•							T	T	
13.	Fairlands Park	4100 Churchill Dr.	Ν	13.8																	•				
14.	Fawn Hills Park	1510 West Lagoon Rd.	N	5		•																•	Т		
15.	Hansen Park	5697 Black Ave.	N	6.2																					
16.	Harvest Park	1401 Harvest Rd.	N	1.6																			T	T	
17.	Heatherlark Park	5700 Northway Rd.	N	.8																					
18.	Ken Mercer Sports Park	5800 Parkside Dr.	С	103		•										•		0							
19.	Kottinger Comm. Park	1000 Kottinger Rd.	С	14.5																					
20.	Kottinger Village Park	4100 Vineyard Ave.	N	4.9																			T	T	
21A.	Laurel Creek Park	5875 Laurel Creek Dr.	Ν	7.3																					
	The Preserve Staging Area	5850 Laurel Creek Dr.	N/A	.56												•								T	
22.	Lions Wayside Park	4401 First St.	Ν	.7																					
23.	McKinley Park	519 Kottinger Dr.	N	5.3						П													T	T	
24.	Meadowlark Park	8200 Regency Dr.	N	4.3																				•	
25.	Meadows Park	3301 W. Las Positas	N	5		•																	- (
26.	Mission Hills Park	600 Junipero	N	8.5																					
27.	Moller Park	5500 Pleasant Hill Rd.	N	7.7		•																	T	T	
28.	Muirwood Comm. Park	4701 Muirwood Dr.	C	13.9					•																
29.	Nielsen Park	3755 Stoneridge	N	5.7		•																•	7		
30.	Oakhill Park	4100 Muirwood Dr.	N	3.9																					
31.	Orloff Park	1800 Santa Rita Rd.	N	8																			7		
32.	Owens Plaza Park	5700 Owens Dr.	N	3																					
33.	Rotary Park	890 Main St.	N	.73											•								7		
34.	Stoneridge Creek	OJO Main St.	- ' '	., 5																					
"	Neighborhood Park	3200 Stoneridge Creek W	y. N	5																					
35.	Sutter Gate Park	4801 Sutter Gate Ave.	N	2.7																					
36.	Tawny Park	400 Tawny Dr.	N	3.9																					
37.	Tennis & Community Park	5801 Valley Ave.	C	15																					
38.	Upper Pleasanton Field	4645 Bernal Ave.	N	3																					
39.	Valley Trails Park	3400 National Park Rd.	N	6.1																			4		
40.	Val Vista Community Park	7350 Johnson Dr.	C	24							4													- 1	
41.	Veterans Plaza	550 Peters Ave.	N	.5																			4		
42.	Vintage Hills Park	3301 Arbor Dr.	N	.5					L																
43.	Walnut Grove Park	5150 Northway Rd.	N	3.5																					
44.	Woodthrush Park	5099 Woodthrush Rd.	N	3.5																					
44.	VVOOULIIUSII Palk	Joss Woodtillusti ka.	IN	3.3																					ш

52 • General Information Phone: **(925) 931-5340**

Parks & Facilities Map



Register Online: www.pleasantonfun.com

Priority Registration

Online (Residents only) Beginning at 8:00am on Wednesday, July 29, 2015 First opportunity to register!

Plan ahead and visit the City's registration website to request a customer log-in name and password, at least 72 hours prior to registration. Forgot your customer log-in name and password? Please contact the Community Services Department at 931-5340 for assistance.

Mail-In (Residents only) Beginning at 8:00am on Wednesday, August 5, 2015

(Faxes are NOT accepted)
Make checks payable to:
City of Pleasanton

Mail to: Registration

City of Pleasanton P.O. Box 520

Pleasanton, CA 94566 Attn: Community Services

Open Registration

Walk-in & Non-Resident
Beginning at 8:00am on
Wednesday, August 12, 2015
(Faxes are NOT accepted)

Walk-in Registration

Available at the following locations during posted business hours:

- Community Services Administrative Office
- Dolores Bengtson Aquatic Center
- · Gingerbread Preschool
- Pleasanton Senior Center

General Information

- Registration for all tennis activities is conducted at the Pleasanton Tennis and Community Park, 5801 Valley Avenue, www.lifetimetennis.com or 931-3449.
- Registration for all golf activities is conducted at the Callippe Preserve Golf Course, 8500 Clubhouse Drive. For more information, 426-6666 or www.playcallippe.com.
- Non-resident mail-in registrations sent before scheduled registration dates will be held and processed prior to the beginning of "Open Registration".
- It is the parent's/guardian's or the participant's responsibility to notify the City of Pleasanton in advance of any reasonable accommodations necessary to participate in the class(es) or program(s) described in this guide. Call 931-5340 for assistance.

Refund Policy

- A full refund will be given when notice is received by the Community Services Department at least ten (10) days prior to the start of the class or program.
- Refund requests received at least five (5) days prior to the start of the class or program will be assessed a \$5 administrative fee, per class/program.
- No refunds will be issued for requests received less than five (5) days prior to the start of the class or program.
- Full refunds will be granted if the class or program is cancelled by the Department.
- No refunds given for non-attendance, one-day workshops or material/supply fees.

Fee Assistance Program









Did you know?

The Community Services Fee Assistance Program provides services and activities for low income families and seniors living in Pleasanton. Last year your generous donations helped make the following possible:

- 57 seniors received discounted rides on the Paratransit Bus and were able to participate in activities at the Pleasanton Senior Center.
- 68 families received discounts for swim lessons, exercise classes and other activities sponsored by the City of Pleasanton

For information about receiving fee assistance, go to the Community Services website at:

www.cityofpleasantonca.gov/gov/depts/cs/fees.asp

To donate to this vital program, simply include any donation amount on the Registration Form or add **Code 60535** (\$5 donation) when you checkout during online registration.

For more information, call Community Services (925) 931-5340 or the Senior Center (925) 931-5365

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How to Register

City of Pleasanton Community Services P.O. Box 520 Pleasanton, CA 94566 **Registration Form**





Register with your Visa or MasterCard at www.pleasantonfun.com

Please limit registration form to family members living in the same household only!

Refund Policy—Please read!

Withdrawals and Transfers: If you wish to drop a class or transfer to another session, call us at least 10 days before the start date for a refund or credit. Choose your classes carefully. No refunds for non-attendance, one-day workshops or materials/supply fees.

NO FAXES ACCEPTED!

Parent/Guardian			🗆 R	ndividuals residing within he City of Pleasanton property ax limits.								
Home Address			CityZi									
Home Ph	Cell Ph			_ E-mail Add	dress							
Participant Name	Male/ Female	Activity Code		Activity		Fee						
Camden Glushenko	2/26/15 M 60938 Babywearing Dance Fitr				Fitness	\$80.00						
V 1/10 . 1	Yes, I'd like to donate to the Community Services Fee Assistance Program (See page 58 for details											
Yes, I'd like to donate to	the Community	y Services	Fee Assista	nce Prog	gram (See page 58							
						Total	\$					
Waiver, Release and Assumption of Ri My (My child's) participation in this a involves risks and that serious injurie during the activity, serious injuries co assume the risk, and hereby waive, reand promoters of this activity, from any (child's) heirs, assigns, executors of the total provided during the activity as appropriate the control of the con	ctivity is voluntary. I as could occur while I as uld occur. Knowing the lease and discharge the and all claims for dependent or administrators may	am (My child in am (my child in am (my child ese risks, I was e City of Plea amages for per have or which	is) physically fit is) participating ant (my child) to asanton, its Courersonal injuries of may accrue to	to participa in this activ participate icil, officials or death, or my (child's	te in this activity. I und vity. In addition, if trans in this activity. I (on book of the control of the contr	sportation is prehalf of my chi s, instructors, a property, whic activity, includi	rovided by City ld) hereby agents, sponsors h I (my child) or					
I consent to the City's use of any photographs that are taken of me (my child) while participating in the City's programs for use in the City's promotions and publications in print and on the World Wide Web (Internet). No payment will be made for use of these photographs.												
If you do not want you or your child(r tions, please contact the Community S the start of you or your child(s) class.												
Name of Participant:		9	Signature Requ	ired:								
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Date:						ole to: City of	Pleasanton					
☐ Visa ☐ MasterCard Card N												
Total Amount \$	Card Holder Signatu	ıre										

City Commissions

Meet in City Council Chambers, 200 Old Bernal Avenue, or otherwise noted

Civic Arts Commission

Sandra Jellison • John Loll • Heidi Massie Lucas DeBernardi • Jay Doraiswami John Steenman • Stephanie Wedge **Judy Wheeler**

7:00pm 1st Monday

Housing Commission

John Casey • Nita DenHoy Daniel Mermelstein • Anthony Soby **Ann Welsh**

7:00pm 3rd Thursday

Human Services Commission

Varsha Clare • Susan Hayes Prashant Jhanwar • Andi Li Rajesh Parekh • Meera Parikh **Brock Roby • Theresa Rowland Rosiland Wright** 7:00pm 1st Wednesday

Library Commission

Traci Cook • Kellene Cousins Tracy Dunne • Sean Lehman Gene Litvinoff • Joan Nibert Ria Vyas • James Woodwell 7:00pm 2nd Thursday, Pleasanton Library

Planning Commission

Nancy Allen • Jack Balch David Nagler • Greg O'Connor Gina Piper • Herb Ritter

7:00pm 2nd and 4th Wednesday

Youth Commission

Elise Allari • Russell Ambrosiewicz Kimberly Chew • Louisa DuBose Lori Franklin • Arthur Hwang • Kate Inman Ardin Lo • Avni Patel • Jonathan Pearce Alex Rigl • Taylor Sowers • Michelle Zhou 7:00pm 2nd Wednesday, September-May 3333 Busch Road, Operations Service Center



Local Sports Groups

For information regarding registration, coaches, rain-outs or other pertinent information, please contact the organizations listed below or visit the City website at www.pleasantonsports.org.

Bovs Soccer (BUSC)

www.busc.org

Girls Soccer (PGSA/RAGE)

www.pleasantonrage.org

F-Soccer

www.e-soccer.org

Adult Soccer (PASS)

www. pleasantonadultsoccer.com

Pleasanton Junior Football (PJFL)

www.pjfl.com

Girls Softball (PGSL)

www.pleasantonsoftball.org

American Little League (PALL)

www.pleasantonamerican.com

National Little League

www.pleasantonnational.org

Foothill Little League (PFLL)

www.pfllonline.org

Girls Golf (LPGA-USGA)

ptownputter@comcast.net

Pleasanton Lacrosse Club (PLC)

www.pleasantonlacrosse.com

Pleasanton Girls Lacrosse Club (PGLC)

www.pleasantongirlslacrosse.com

Radio Control Glider Club

846-8617

Seahawks USS Swim Team

www.pleasantonseahawks.org

Special Olympics Sports

www.specialolympics.org

Tri Valley Masters Swim Team

www.trivalleymasters.com

Youth Volleyball

www.clubvipvbc.com

Sports Field Weather Line

931-5360 | www.pleasantonsports.org

Callippe Preserve Golf Course

www.playcallippe.com

Lifetime Tennis

931-3449 | www.lifetimetennis.com

City offices will be closed for these holidays: Labor Day, 9/7 Veteran's Day 11/11 Thanksgiving, 11/26-11/27 Christmas, 12/24-12/25 New Year's Day, 1/1/16

Local Arts Groups

Amador Livermore Valley Historical Society and Museum on Main

462-2766 | www.museumonmain.org

Amador Valley Quilters

www.amadorvalleyguilters.org

Bay Area Metro Chorus (Men) 443-SING

Cantabella Children's Chorus

www.cantabella.org

CWC Tri-Valley Writers

www.trivalleywriters.org

Harmony Fusion (Chorus)

846-1857 | www.harmonyfusion.org

Livermore-Amador Genealogical Society

www.L-AGS.org

Livermore Amador Symphony

www.livamsymph.org

Livermore Valley Opera

www.livermorevalleyopera.com

Pacific Chamber Symphony

484-0839 | email: cponca@aol.com

Pleasanton Art League

www.pal-art.com

Pleasanton Community Concert Band

www.pleasantonband.org

Pleasanton Cultural Arts Council

931-1111 | www.pleasantonarts.org

Pleasanton Cultural Arts Foundation

846-1007 | www.pleasantonartsfoundation.org

SF Shakespeare

www.sfshakes.org

Tri-Valley Repertory Theater

www.trivalleyrep.com

Tri-Valley Woodcarvers

846-5011

Valley Concert Chorale

www.valleyconcertchorale.org

Valley Dance Theatre

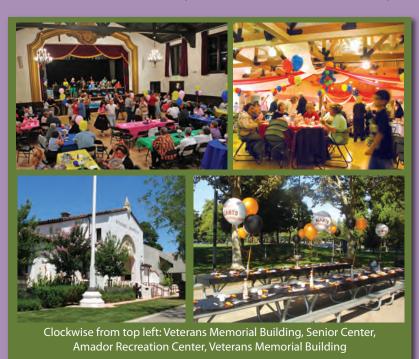
www.valleydancetheatre.com

Valley Shakespeare Festival 556-9624



Facility and Picnic Reservations

The City of Pleasanton offers several indoor and outdoor facilities to rent for your family, business, or group celebrations and meetings. Detailed rental information including rates and requirements can be found at www.pleasantonfacilities.com.





LARGE EVENT SITES

- The Senior Center is the City's largest event hall with a capacity of 330. The facility offers a catering kitchen, outdoor patio area, and plenty of parking. The Centennial Community Park, the perfect site for an outdoor wedding ceremony, sits adjacent to the facility's main hall.
- The Veterans Memorial Building is a Spanish revival-style facility located in the heart of Downtown Pleasanton.
 Features include a catering kitchen and seating for 220.

PICNIC AREAS

Picnic sites can be reserved and are adjacent to youth play areas and restrooms.

- Amador Valley Community Park (Capacity 200)
- Sports and Recreation Park (Capacity 200)
- Val Vista Community Park (Capacity 250)

SMALL EVENT SITES

 The Amador Recreation Center has a capacity of 125 (about 75 inside and 50 outside). This facility consists of one large room, a small kitchen, fenced patio area with lawn and BBQ.

MEETING ROOMS

*Senior Center Rooms are available evenings and weekends only.

- Cultural Arts Center (Capacity 49)
- Senior Center Classroom (Capacity 50)*
- Senior Center Meeting Room (Capacity 25)*



For descriptions, reservations and rental fees, visit www.pleasantonfacilities.com or contact the Community Services Department at (925) 931-5340.





Open Heart Kitchen and the City of Pleasanton



Your link to all things Pleasanton

Ptownlife.org provides Pleasanton families with information about your community. Find out what's going on in the community calendar, get outdoors with our parks and recreation guide, find resources, and view youth jobs and volunteer opportunities.



Follow us @ptownlife







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Halloween Events at the Alviso Adobe Community Park

Join us at the Alviso Adobe Community Park for the spookiest time of year! These Family Fun activities are intended for the entire family and parents are FREE! Pre-registration is required.

Ages 5-12

Pumpkin Carving Family Fun

Create a bit 'o Halloween chill or thrill at our 6th annual Pumpkin Carving Party. The pumpkins will be there, the tools will too; we've got some great ideas, how about you?

Alviso Adobe Community Park | Instructor: Env. Ed. Staff

1 class | \$5R/\$8N

Ages 4-13

Halloween at the Alviso Adobe

This is the place to be for Halloween! Environmental Ed. youth interns will provide guests with fun and informative animal encounters. Participants will also enjoy Halloween face painting, craft making, and a night tour of the park led by the Naturalist. Tours depart evry 30 minutes. And, yes, there will be treats! Alviso Adobe Community Park | Instructor: Env. Ed. Staff





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ECRWSS

Residential Customer

